kundalini yoga

FREE On-Line Kundalini Yoga Training

Lesson 01

WELCOME TO KUNDALINI YOGA

An Introductory Course, Designed and Written by Gururattan Kaur Khalsa, Ph.D.

Dear Friend,

Sat Nam! (I honor the Truth of your identity, which is the same as mine and makes us one.)

Welcome to Kundalini yoga. Thank you for joining us. We have over 4000 students in our virtual Kundalini Yoga class, and growing every day! We also have over 1300 participants in our KY discussion group, which is where you can ask questions and share your experiences.

Many Kundalini Yoga teachers participate in this discussion group and are there to answer your questions. Many of our students share their experiences, so we can all learn from each other. You can join our discussion group (**kundaliniyoga-subscribe@yahoogroups.com**).

For those of you who are concerned about quantity of emails, the Digest form will deliver only one message a day.

You are indeed blessed to find the powerful technology of Kundalini yoga as taught by Yogi Bhajan. Even modest practice of thirty minutes a day will create significant changes in your life. You may feel more energized, more relaxed and more alive all at the same time! Your presence will become more magnetic and you will attract things to you that you previously had to run after.

You will be come more aware and notice nuances and opportunities that once escaped you. Your life challenges will not disappear, but you will tap the courage, acquire the will and cultivate the inner strength to deal with them in a whole new way.

Alone and Together - Do I Need a Group?

We are alone from the reality that we are the one that has to do our personal work. Identity, healing and self-love are personal journeys. To quote Yogi Bhajan,

"You can find your true identity within yourself. Nobody can find it for you. You must get up in the morning and find your true identity. You need time to be all by yourself, where there is nobody else. It will bring prosperity. Your radiant body will become brighter. There is no make-

up that works to make you brighter, or for your character. You can try anything you want, but for character, you have to work with yourself. You must make your own path in your own life for your own prosperity and richness, and you have to be beautiful, bountiful and blissful. This the way God made you." (Yogi Bhajan class lecture, December 1, 2001.)

At the same time that we are alone in our connection, the power of universal love exists in everyone. The more we tune into the reality of oneness, the more we realize that we are not alone. The more we allow this force to flow through us, the more we can take advantage of group consciousness and prayers. A powerful force field of love has been created and is ever expanding through the spiritual practice of individuals like yourself from all over the world. Those in the KY discussion group and this KYTraining class have shared that they experience the support of this group, even though they practice alone.

Do I Need a Teacher

We live in a revolutionary period of history -- the democratization of spirituality. Yogi Bhajan is one of serveral masters to come to the West and give freely the technology of yoga so that this sacred science of awakening is no longer be reserved for an elite few.

Sharing with all those souls who choose to awaken requires a new set of guideines and information. For the first time Yogi Bhajan has given us the mantra ONG NA MO GURU DEV NA MO. We were given this mantra so that we could tune in directly to the masters of this science and be guided by their subtle bodies.

The future of the planet depends upon the consciousness of its inhabitants. We could self-destruct at any time. The more people who wake up and vibrate at the heart center with love, the greater chance we have to survive as a species. This is serious business. We are all participating in this process. We must be awakened and self-empowered to change the structures that exploit and manipulate people out of greed. Asleep people support the corrupt system.

Of course, it is wonderful to be in the physical presence of a teacher, but many great souls are now willing to do the work without this luxury so that we can shift the morphogenetic field of the planet to the vibration of love. They (we) have had teachers and been teachers in past lives. What is required now is that we wake up and stay awake to God-consciousness.

Thank you everyone worldwide for doing your daily Sadhana (spiritual practice) and making your personal contribution to love and light.

Tuning In to the Teacher Within

We always tune in with ONG NA MO GURU DEV NA MO. (**Lesson #3**) This links us to the golden chain of teachers from Yogi Bhajan on back. They are always there to serve and guide us. We are the ones who have to be patient and quiet enough to receive their guidance. Cultivate this subtle awareness and it will be more valuable than you can imagine.

Kundalini Yoga in the West

Before Yogi Bhajan came to the West in 1969, Kundalini yoga was a secret science taught only to a few selected students. The significance of the open sharing of this technology is monumental and revolutionary. For the first time in known history, the democratization of

spirituality is possible. Everyone can wake up and stay awake. And we can get a yoga set and meditation to do so over the Internet!!

Most of what was available when I discovered Kundalini yoga in 1976 was in the form of hand written notes. I kept thinking someone else was going to put them all together. However, destiny decided that I would be blessed with an enthusiastic student who would help me assemble four manuals from the early notes. These four books are still classics and are available on our website **http://www.yogatech.com/**

The first and the most popular worldwide is "**Transitions to a Heart-Centered World**." The next was "**Relax and Renew**," followed by "**Sexuality and Spirituality**." "**Introduction to Kundalini Yoga**" adds some new material and includes the best sets from the first three books.

If you acquire my three basic books, you have enough sets and meditations to last decades or longer.

My destiny path is to help people like you practice Kundalini yoga. Knowing the technology is the essential first piece. The second piece is HOW we actually train our minds and bodies to achieve higher states of consciousness. This is the current focus of my writings.

"Beginning" and "Advanced" Mantras

Beginners often ask if a mantra is appropriate for them or if it is an advanced mantra. We don't teach KY in terms of beginning mantras and advanced mantras. It is more the case that you choose the mantra, meditation and KY kriya that fits your need at a certain time and space. You practice it for 40, 90, 180 or 1000 days – until you feel you have achieved the results you desire.

In other words, you begin your practice and over time you achieve greater levels of self-mastery, expand your awareness, connect with deeper levels of who you and establish your relationship with universal forces. Practice or Sadhana is an on-going, evolutionary process with no fixed end goal. Of course, we are all going for eventual enlightenment, but there are even different levels of enlightenment before liberation.

Unconsciousness is Dangerous

Periodically we get asked if the practice of Kundalini yoga is dangerous. First, many of the people who advance this opinion are not talking about KY as taught by Yogi Bhajan. When you hear an opinion about KY investigate if the person has actually practiced KY as taught by Yogi Bhajan. They often have not and are talking about spontaneous Kundalini awakenings of someone who has never practiced KY. Second, spreading fear and negativity perpetuates the current paradigm and system.

Personally, I have learned not to engage in conversations trying to prove ideas based on different opinions with the goal of convincing or proving an idea right or wrong. Everyone has their own reality and experiences, which are true for them. Some also have opinions not based on experience. I avoid this territory. I was in academia for decades and intellectual conversations based on speculation hurt my head.

There is no denying that people have had spontaneous kundalini awakenings with severe side effects. Also some people have raised their kundalini through meditation and visualization. When the techniques used are primarily mental and do not include the physical preparation and training, the body cannot handle the energy. In both cases the body is not prepared to receive the high levels of energy. It makes sense that if your body is wired for 100 volts and

you receive 1000 or 10,000 volts, there could be negative reactions. We practice Kundalini yoga to avoid these situations.

Kundalini yoga as taught by Yogi Bhajan is the yoga of consciousness. We systematically train our mind and attune our body to hold higher frequencies of energy associated with Kundalini and consciousness energy. People in the past who have not strengthened their nervous system or prepared their bodies and psyches to hold these vibrations have had problems. The evolution of consciousness is a universal reality. It is certainly wiser to prepare oneself for awakening than to live in denial and try to remain asleep.

The most dangerous thing in this world is to live unconsciously. The state of the world is a stark testimony to this fact, as is the condition of the lives of most human beings. When we are not conscious, we are not only ruled by our subconscious programming, we are a puppet of the global unconscious. Now that is scary!! We all have examples in our lives where we have created turmoil and conflict without consciously choosing to do so. Who wouldn't choose prosperity, loving relationships, vibrant health, joyful living and rewarding work? Then why are so many people suffering from poverty, painful relationships, depression, illness and unrewarding work? Why do we create so many problems and then have to spend so much time and energy dealing with them? The answer is lack of consciousness, which links us to the cycle of karma and struggle.

There is only one way out. Wake up and stay awake! And we have to do this for ourselves. We are most fortunate to have the gift of Kundalini yoga to help us in this process. This doesn't mean we will automatically live in utopia. But as Yogi Bhajan used to tell us, "I didn't tell you everything would be perfect. I said you will be able to make it through to victory."

Your Contribution

Take care to appreciate your own struggle, knowing that your efforts are being recorded on the side of light. The light you bring into your own mind and being is helping others unknown to you who are struggling with the same issues. Did you ever wonder why it takes so long to have breakthroughs in consciousness? If it is any consolation, you are bringing others along as well.

Where to Start

Beginners also ask if they should start with Lesson 1 first and move through the lessons in numeric order. The answer is yes and no. **Lesson #2 on Silence** is a touchstone for all future practice. You will probably find that sitting and tuning into silence is difficult. Then move on. Tuning in will make silent mediation easier. The **Spinal Energy Series** and all KY sets facilitate silent meditation. Each lesson helps us cultivate the ability to sit quietly and tune into the eternal sound of the Universe. Connection with the universal sound current is one of our primary goals. The lesson on **Surrender to the Zone** covers this in detail.

Someone mentioned that he still has to sit in a chair to meditate. This is not a problem. Our goal is not the position. Our goal is the inner cosmic connection. Some people meditate standing up. Some connect with the Infinite in a waking, walking state. Our goal is connection.

You will be guided to pick what sets and meditations work for you. The most important thing is to do something! And establish a regular, committed practice. The second important thing is to do what you do with awareness. To get the most out of your practice, train your mind to be present to yourself and what you are experiencing. One of your major goals is cultivate and follow your inner guidance.

Getting Started

Some have mentioned that it is hard to get started. During a class in Palo Alto I encouraged everyone to practice five minutes a day and then increase their time as they could.

The next week this talented artist lady (who had never practiced outside of class before, had lots of emotional issues and just couldn't get around to doing her art work because of many excuses including health problems) greeted me with her success. She had had the best week ever, felt very energized, got lots of painting done in the nearby hills and felt great.

I asked her what she had done. She said, " I set the kitchen timer for 5 minutes, ran into the bedroom, did 5 minutes of yoga and stopped when the timer went off." She was delighted with her success and the immediate impact of her glorious 5 minutes Sadhana. I was impressed too! Five minutes! I was humbled. It takes me two hours.

A great way to start is to do the "4 Part Breath Meditation" one or two times a day. (**http://www.yogatech.com/kysets/44breath.html**) You will feel the effects of this powerful pranayama exercise and want more.

We all start out as beginners and we all advance as we practice. Our progress is determined by our commitment, attention and intention.

So get started with five minutes every day. Program yourself for success. Establish your connection and enjoy your life!

Please remember that the power of our group energy is available, needed and effective in creating changes for those who participate.

Thank you for joining us and for sharing your love and your light with all of us and with the world.

Love to All.
Light to All.
Peace to All.

Sat Nam,

Gururattan Kaur

Lesson 02

Silence and Intuition

Yogi Bhajan

Yogi Bhajan is an endless source of inspiration. Here are a few paraphrased quotes from one of his classes I attended.

(1) "We need mental security. Our intuition is our security. If we seek the satisfaction of our ego, our third eye (seat of our intuition) will not open up. If we give up our ego, the vacuum is filled with our intuition and we are uplifted….It is easy to access our intuition when our chakras are open."

(2) "Doubt and duality are the main causes of disaster…. We forget that God is with us"

(3) "Let God work. Watch God work. Understand the play of God. Give God a chance. This life was given to you as a gift. Let God take you on this journey."

(4) "We are in the cusp (transition) to the Aquarian Age, which will begin in 2012. Until then, do your best, enjoy your life, have faith and let God take care of your life."

Explanation

(1) Good ideas! How do I do that?! Kundalini Yoga is one of the spiritual disciplines developed by saints and sages to accomplish these goals.

(2) Ego is one of those misunderstood words with many meanings. Defined as our conscious awareness, an ego is necessary to think, operate, make decisions and take action in this world. The problem is that we usually operate from a "limited ego" and narrow view of ourselves and the world. It is this "false ego" that we are trying to give up or transcend.

An important task of our "aware ego" is to train ourselves to listen to our intuition, instead of reacting to random thoughts that are set off by our wounded emotions and inappropriate training. We need our "aware ego" to tune into God (universal energy) and join forces. As we do so, we experience "My will is God's will." And "God in me, me in God are One."

(3) "God" also has so many meanings and is a very misunderstood concept. A spiritual path is about experiencing the reality of this concept. Yogi Bhajan always tells us that our biggest problem is that we think God is outside ourselves. The purpose of a spiritual practice is to experience the Infinite within our own being and to connect our individual psyche with the universal psyche. (one definition of God) (**Lesson 20** "Surrender to the Zone" and my book "**Love IT with All Your Heart**" discuss in detail this concept and how we can cultivate a direct experience of the Infinite.)

Silence and Intuition

Silence is core to all spiritual practices. The Buddhists are masters of silence. Or at least they recognize its value and practice the discipline. One must be silent to "hear" God. Practicing silence is a recommended part of this course. Your experiences will be more profound and your

practice more effective if you incorporate the practice of silence into your practice and into your daily life. The purpose of silence is to turn our attention inward. As we tune into our inner space we are able to identify and stop relating to what is called "excess personality" or "externalized ego". We begin relating to our Essential Self or Soul. It is our Essential Self that accesses our intuition and finds the Infinite within.

The Art of Silence - A Silent Meditation for 40 Days

In the yogic tradition, meditations practiced for a certain number of days have a certain effect. Forty days is the minimum to break a habit and set the stage for an internal shift. One student asked me once-"Forty days in a row?!" The whole class laughed. Yes, forty days in a row! And if that seems like a long time, in the past many spiritual masters have taken 40 years to achieve enlightenment. I imagine that all of us on the KYList have done that path in other lifetimes. This lifetime, we are attempting to get quicker results, so that we can enjoy peace and happiness while still in the body.

Let's get started. Here is a simple mindful meditation to practice for the next 40 days. Actually silent, mindful meditation is our first, last and on-going lesson. We will use this meditation as a touchstone overtime to review our progress and assess our goal of achieving inner peace, contentment and a richer, fuller life.

EXERCISE ONE
Everyday be silent and practice listening within. Morning before sunrise is the best time. Or at least morning before you start your workday. Simply sit quietly and observe your thoughts, be with your breath and feel the sensations in your body. Gently and silently be with yourself. Start with 3 to 5 minutes and work up to 11 minutes. If you have time, you may want to work up to 22 or 31 minutes.

EXERCISE TWO
During the day, practice listening to yourself before you interact with others. Listen inside to what you want to say before saying it. Do your best to get your own answers before seeking advise. Process your own thoughts and feelings before sharing them with others. Share only those thoughts and feelings that inform and inspire others. Do not dump your emotions on others as a way to avoid processing them yourself. Keep your own personal issues and process to yourself. (Unless you are working with a counselor or therapy group.)

EXERCISE THREE
Once a week practice silence with a partner or with a group of friends. Observing silence, go for a walk together, be together at home, eat a meal together or partake in another activity. Agree on the process beforehand, so you can relax and enjoy the experience. Have a notepad handy in case the need to communicate arises.

You might also want to check out silent Buddhist evening and day meditations or week retreats.

RESULTS
The above practice makes us aware of how much we turn our attention outward and look for cues outside ourselves. We realize how much we say that is unnecessary and a waste of energy. We start to see how much we try to fill in "empty" spaces to feel comfortable or make the other person feel comfortable so we will feel comfortable.

We find our intuition and "hear God, the Infinite" in the open spaces of our minds. I am always reminded that I have to listen to myself, if I want to hear my intuition. It is not that our intuition is not working. It is dormant through inactivity or is buried by all our mental noise. We are not listening, trusting and following our intuition. When we don't listen to our intuition,

our Soul screams at us in other ways-accidents, stress, fear, and anger. (You must have noticed! :+))

Preparing for the Aquarian Age

As Yogi Bhajan has shared with us, our intuition is our security. When we tune into our intuition, we know what to do. When we know what to do, we can trust ourselves and our universe. When we trust ourselves, we are in charge of our own lives. On the other hand, if we don't listen to ourselves, we have nothing to trust. The best we can do it operate from blind faith. But doubt ends up getting the upper hand. We turn to external authorities and become a victim of forces outside ourselves. As we move into the Aquarian Age, our goal is to empower ourselves from within (there is no other way) and to extricate ourselves from all forms of victimization.

The energy on the planet is becoming more and more intense. (I am sure you have noticed!) Many people feel out of control and they probably are. The only way to deal with the energy is match it, join it, go with it and use it! To do so, we must intuitively sense it and flow with it. The good news is that the intensity of the energy also speeds up our desire and our ability to tap our spiritual roots.

Our goal over time is to integrate the above silence practices into our daily lives. To do so, we have to train and monitor ourselves. You may find it useful to keep a journal of your experiences. I find it therapeutic and encouraging to watch my progress. Training ourselves to connect with the divine within and maintain this connection during every hour of the day is the purpose of all spiritual disciplines. And with the energy available, we could witness some quick results.

Baseline and Ongoing Process

Although silent meditation may seem simple, its mastery is not. Students take years and even lifetimes to perfect it. Fortunately, there are Kundalini yoga techniques that facilitate the process and speed up our progress. The purpose of this Kundalini Yoga Training Course is to share this technology. Our first step is to simply practice mindful silent meditation and watch our results. It is important to monitor your experiences so you have a baseline of comparison as we add the Kundalini exercises to the process.

For you eager ones, practice silent meditation at least one day before moving on to tuning in and the other lessons.

Get started today, have fun and share your results

Lesson 03

Mantras and Tuning In

Mantras

Everything in the universe is made up of energy. All energy vibrates. Differentiation happens because energy vibrates at difference frequencies. Each frequency has a sound. (Actually every frequency IS a sound.) Everything in the universe has a sound which vibrates at its particular frequency.

Mantras are the sounds of the language of the universe. Mantras are tuning instruments. If we want to tune into and access a particular universal frequency, we chant the mantra that vibrates that frequency. For instance, chanting MAAAAAAAAAA tunes us into the frequency of the Divine Mother and Feminine. If we want to tune into the frequency of the sun, we chant RAAAAAAAAAA.

When we chant a particular sound, our body and energy field resonate with that frequency. The connection is established and maintained through resonance. Our energy matches and synchronizes with the energy of the sounds we make and the thoughts we think. It is the nature of our energy that attracts to us and creates events, circumstances and environments around us.

Much of what we create and attract is produced by our subconscious automatic-pilot programming. Mantras are a powerful tool to "de-program" ourselves, to create new programs and to influence our thought patterns. Mantras are also ACCESS CODES to different channels in our mind. Mantras help us open channels that we often cannot access consciously or reach by rational thoughts, or even intent, i.e. our higher consciousness and higher spiritual connections.

Mantra for Tuning In

ONG NA MO GURU DEV NA MO is the mantra we use in Kundalini yoga to tune us to the frequency of our higher self or inner master. We begin each practice of Kundalini yoga with this mantra. This sacred mantra opens us to our spiritual channel. It also links us to all the spiritual masters who perfected this sacred science. By establishing a link with the Masters of Kundalini yoga, we are protected as we practice this sacred technology, as well as guided in our practice. The transmission of information and consciousness to students from Master teachers who have preceded us is referred to as the GOLDEN CHAIN. Yogi Bhajan, Master of Kundalini Yoga, who is the first to openly share this technology with the world, is a living connection to the golden chain.

Connecting with the Master is of additional importance to those of you who are learning and practicing Kundalini yoga on your own. By chanting ONG NA MO GURU DEV NA MO, you can be guided in your practice. Actually once you chant the mantra you are guided. The more you are willing to receive and pay attention, the more you will be aware of this guidance.

By the way, if you ever dream of Yogi Bhajan, it is not a mere dream. You have tuned into him and his subtle body is coming to assist you in some way. Years ago at a Winter Solstice White Tantric course, a student was very ill from food poisoning. He desperately needed help and

tried many ways to get Yogi Bhajan's attention through calling his various names and prayer. He finally chanted Ong Na Mo Guru Dev Na Mo. Five minutes later another student approached him with a bowl of rice and told him "Yogi Bhajan told me to tell you to eat this and you will be better." And sure enough, he ate it and started feeling better almost immediately.

How to Tune In

Tuning in opens the channel in our mind that receives the highest spiritual frequencies. The mantra that we use is **ONG NA MO GURU DEV NA MO**. Although this mantra is used specifically for tuning in before practicing Kundalini yoga, it can be chanted at other times. You can chant it during the day, simply to reconnect with your higher self. You can do it alone as a preparation for silent meditation. Or you can chant it as a meditation for as long as you like.

When I taught history and philosophy at International University in San Diego, I also taught a Kundalini yoga class. The students made up their own harmonic version of this mantra and chanted it walking around the campus.



Sit with a straight spine, either in a comfortable cross-legged position on the floor or in a chair with both feet on the ground. A pillow under buttocks prevents slumping and helps keep the spine straight. Sit on natural fabric.

HANDS are in prayer pose. Lightly press the palms together flat at the center of the chest, under the breasts, thumbs resting on the sternum. Fingers are pointing up, at a slight angle outward. The pressure on the sternum stimulates the "mind nerve" that connects to the brain. Pressing the palms together balances the two hemispheres of the brain. Both help us concentrate and stay focused. l.

The CHIN is slightly down and pulled back, which straightens the spine, expands the chest and opens the heart center. This is called NECK LOCK.

MEANING OF THE MANTRA

ONG - the active, creative aspect of the universe
NA MO - to call upon
GURU DEV - divine wisdom

THE BREATH

The mantra is optimally chanted all on one long deep breath. It is OK to take a short sip of air through the mouth between the first NA MO and GURU DEV. But it is not permissible to take a long breath through the nose.

TO PREPARE

To prepare, center yourself with your hands in prayer pose and take several long deep breaths. When you are present to your breath in your body and fairly relaxed, you are ready to begin.

TO CHANT

Inhale deeply and chant.

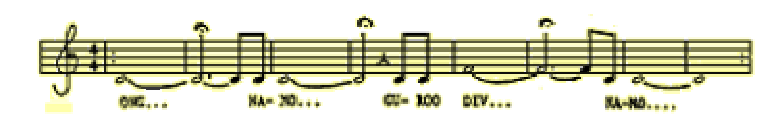
ONG - Vibrate the sound in the nasal passages, upper palate, back of throat and in the center of the head. Ong is extended and forceful. It is a nasal sound incorporating o, n and g, not oooooong. If properly vibrated it stimulates the pineal and pituitary glands to secrete, which actually opens us up to our higher channels.

NA MO - Na is short and Moooo is extended. (Rhymes with NO. Not the sound of a cow.) :+)

GURU DEV - Gu is short almost G. Roo (as in Runes) is also short. Deeeeeeeev is extended. Pronounced like the E in Evan.

NA MO - the same as the first.

THE TUNE



CLICK HERE for a Real Audio clip of the mantra, courtesy Sat Jiwan Singh
(you will need RealAudio player installed on your system to listen to this)

Chant at least 3 times, inhaling deeply through the nose before each sequence. The purpose of chanting is to "Tune In." So do it as many times as it takes for you to feel that you are connected to the place and frequency that you need to be in to practice Kundalini yoga. Chanting this mantra is not a ritual. It creates a specific effect when done properly.

After chanting, inhale deeply and hold the breath as long as you can do so comfortably. While holding the breath, go inside and focus on your inner space. This is a powerful moment to be savored. Then exhale. Repeat several times if you wish and then sit silently and turn your senses inward, i.e. look and listen inside.

Connect with the Breath

After chanting **ONG NA MO GURU DEV NA MO**, connect with your breath and experience the breath in the body. There are two basic ways to do this.

PASSIVE

One is to simply be with your breath as it breathes in your body. You do not consciously try to change the breath in any way. You are simply with it. After tuning in and after doing each exercise it is best to simply be with your breath. The breath is in sync with the energy in your body and will equalize your energy, come back to your normal breathing pattern or establish a new one.

ACTIVE

When the breath has stabilized, which often means that it has slowed down, it is appropriate to control or direct the breath. Directing the breath is the second way to use the breath. We modify the natural flow in intensity and duration.

After tuning in, is a good time to consciously slow down the breath and deepen it to move it through all parts of your body. Breathing in the abdomen and kidneys is are particularly beneficial.

The mind follows the breath. The slower the breath, the more the mind calms down. If we are breathing more than 10 times a minute we are creating stress. (Not true of breath of fire. To be discussed later.) When we slow our breath down to 4 or less breaths per minute, we enter a calm, meditative state.

Connect with your Body

The breath is the perfect tool to help us connect with our bodies. Use the breath to consciously open up energy in your body, to feel the different parts of the body and to stimulate activity. As a culture we are too often in our minds and not in our bodies. One of our goals is to use Kundalini yoga and meditation to help us re-establish a vital connection with our bodies. We are often "out of our bodies" because it is uncomfortable to be in them. We are going to use Kundalini yoga to cultivate feeling comfortable in our bodies. Our end goal is to enjoy being in our physical form!

Sat Nam - Seed Mantra

One of the features of Kundalini yoga that makes it so powerful is that we do several things simultaneously. We (1) breathe, (2) internally chant and (3) move (4) in a particular posture or Asana.

The internal chant that we mentally vibrate is **SAT NAM**. As we breathe, we mentally inhale **SAT**. As we exhale we mentally vibrate **NAM**. Listen to the sound **Saaaaaat** and **Naaaam** in your mind.

SAT NAM is a Bij Mantra or a "seed sound." Chanting Sat Nam is like planting a grain of sand in an oyster. Our truth gathers around the grain. Over time, as we accumulate our gifts and gather our true essence into our consciousness, we become the pearl of Self.

MEANING

SAT means Truth, unchanging universal truth. It is the vibration that is ever-present.

NAM means name, identity, to name, to call upon, to identify with.

SAT NAM means "Truth is my identity."

When we chant Sat Nam (out loud or internally), we resonate with our true identity, with our own truth.

Greeting others with the salutation Sat Nam, we acknowledge the other's true identity and our mutual divine identities. 3

Sat Nam is a potent affirmation and a powerful way to cleanse the mind of negative programming. Over time our minds tune into and resonate with who we really are and believe our soul instead of our limited ego. Sat Nam is inner psychology at work.

Cultivating Awareness

Kundalini yoga is the yoga of awareness. Our goal is to cultivate greater and greater awareness of our own identity and our relationship with our body, others, our environment and the universe. The practice of Kundalini yoga opens our consciousness so we are able to receive more information and be more present and alert. Simply doing Kundalini yoga facilitates greater awareness. Optimal practice includes silent, "doing nothing" (passive) periods between exercises, and after tuning in (active) where we pay attention. We sit and sometimes lie down and bring our attention to what is happening without trying to influence it in any way. For maximum benefit, we cultivate awareness by monitoring our energy, how we feel, the sensations in our body and subtle changes that are taking place.

In our second lesson on Silence and Intuition we talked about the importance and power of silence. We gave several exercises to cultivate the art of silence. In our next lesson we will discuss Meditation and Choice. The point is that when we learn to be silent, we can actually hear our intuition and make choices that lead us to peace and freedom.

Lesson Three

Hopefully you have practiced (or tried to practice) silent meditation without preceding it with any tune in techniques. Now try it again but precede it with "tuning in" as subscribed above.

For 11 minutes total do the following sequence.

Center yourself in your body with your breath.

Tune in with the mantra Ong Na Mo Guru Dev Na Mo.

Passively be with your breath.

Actively slow down your breath to 4 or less per minute.

Sit calmly and be silent. Look and listen within.

To end-Anchor and consolidate yourself in your body by feeling all your sensations simultaneously, especially places that feel calm.

Give thanks.

Observe any differences in you ability to focus. It is valuable to monitor the effects of the different techniques, to keep track of what works for you and how you can get the maximum benefits from your practice.

And if you want to meditate with another powerful mantra, do the meditation I recommended for the Eclipse. Here it is again.

SPECIAL HEALING MEDITATION

In addition to morning sadhana, as a part of it, or as an evening meditation here is a meditation that can be done for 11, 22 or 31-minutes. This is a very blissful meditation that keeps you in your body. When you need help chant this mantra. Vibrating with this mantra produces healing, magic and miracles. Now that is a handy channel to tune into! Enjoy!

Sit in easy pose, with hands on the lap, right on top of left. Sit absolutely still for this meditation for the full effects. Chant very quietly, in monotone, almost, but not a whisper, with the lips, so you feel a vibration in the lips:
GURU, GURU, WA HE GURU, GURU RAM DAS GURU.

Chant the words in each of the chakras. Bring your attention to the specific chakra, but do not move your body. (Tip-Guru is vibrated in every chakra except 3rd and 6th.)

Guru - 1st base of spine

Guru - 2nd sex organ, abdomen

Wa He - 3rd- navel

Guru - 4th heart

Guru - 5th throat

Ram Das -6th third eye

Guru - 7th top of head

Stay tuned!!

FOOTNOTES:

1. page 15, Kundalini Yoga: The Flow of Awareness by Shakti Parwha Kaur Khalsa, Berkley Publishing Group, 1996.

2. Ibid., page 16-17.

3. Ibid., page 24

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Lesson 04

Meditation and Choice

Our Inner Journey

One of the goals of silent meditation is to discover and connect with our inner state of being. Our inner state is complex, has many levels and is ever changing. When we first begin our inner journey, our first encounter is with our mundane thoughts-about what we have to do, our plans for the day, our opinions about what we are doing at the moment.

I remember my first attempt at "meditation" which must have been about 1973-4. I had been practicing hatha yoga daily for 3-4 years. I decided I would sit still for a few minutes after my asanas. Wow. What an effort that was to actually sit "still" for the eternity of three minutes! I certainly wasn't still and my mind certainly wasn't silent. But I did sit there for three minutes and that was a great accomplishment for me at that time.

I was very pleased with myself for actually attempting this heretofore impossible feat. The point is we have to start sometime and somewhere. Sometime could be now. And somewhere is where we are at at this moment. Needless to say I have made a lot of progress since that first day, but it has taken a long time and I am still at it.

Meditation is the tool for getting in touch with what is really happening inside our psyche, beyond the flow of thoughts that initially clutter our inner terrain. One of the things I have discovered is that there are many things going on and they are often contradictory. I can feel happy and sad at the same time. I can access feelings of anger and detachment simultaneously. I notice that I am both afraid and excited. There is an inner anxiety that seems to be a curtain that covers a dynamic peace.

I have drawn two simple conclusions from all of this:
(1) This is the way things are, within me and in the universe. Realities that appear to be opposites or even conflictual exist simultaneously.
(2) At every moment I am at choice. I can choose which reality I wish to give my attention to. It is as simple as making a choice.

Sometimes making specific choices is difficult. In making choices I have the following touchstone facilitates my decision-making process --What will make me happy, more peaceful and feel good?

Make One Decision

I have found out that making one decision and letting it guide my life is a good strategy. Here is my most dramatic example. I remember when I first started getting up for Sadhana (morning meditation and yoga). In the ashram I had to get up at 2:50am (!!) to get to the

Sadhana room at 3:45am. Those were cold, dark winter days in Boston. I was living in a cabin that was much colder than my warm bed. In fact, sometimes there was ice on my shower floor! Talking about a cold shower.

I realized that if I were to make the decision "to get up or not to get up" each morning, I would subject myself to unbearable torture on a daily basis. So when I was feeling good, I made the decision ONCE to get up at this "divine" hour. For years, I never had to make that decision again. And that is my secret. That is how I did it. I turned off my mind and my feelings as much as I could when the alarm went off and got out of bed. After the cold shower, it was all downhill for the rest of the day.

Because there will always be pressing reasons and valid excuses to distract us from our spiritual practice, we may need to make an all-encompassing choice that will serve as a foundation for our daily choices.

Making Choices

There is a myth that when we meditate, we can stop our minds and tune into this place of inner bliss. Yogi Bhajan tells us that the mind processes 1000 thoughts at the wink of an eye. So don't even consider stopping your mind. We can however change channels. I find that one of the tricks to meditation is accessing the neutral channel and being able to stay there long enough to experience that there is some place else to hang out besides in the chatter of the rational mind. Knowing that we do in fact have a choice of where we operate from is a critical first step toward inner sanity.

We can know all of the above intellectually. And the concepts are probably familiar to many of us. The real challenge is to experience in your own meditation the existence of the different feelings and realities in your psyche and body. This is the goal of silent meditation at this point in your process. Get in touch with the agitation, the fear, the impatience and the anger. Also get in touch with the peace, the contentment, the ability to be detached and not react and the desire to simply be.

It is the actual experience of the different energies within you that will allow you to make a choice between the two. Sensory experience is a necessary for training yourself to use the energies that initially appear as "bad" for action, energy and motivation. It is the acceptance and honoring of all our energies that is the energetic foundation of self-love.

Meditation to Switch Channels and for Emotional Balance

Yogi Bhajan says that it is good to do this meditation when one is worried or upset and doesn't know what to do, or when one feels like screaming, yelling or misbehaving.

This exercise will produce quick release of stress, foster emotional balance and help create a quiet space within. It will help you switch channels, or tune into the channel of peace and silence—the neutral mind. Use it:
(1) to access the cosmic channel,
(2) distinguish between the "peace zone" and the rational mind or "conflict zone", and
(3) to train yourself to choose the "peace zone."

Before practicing this meditation, drink a glass of water. Water imbalance in the system, which creates pressure in the kidneys, can cause worry and upset. When out of focus or emotional, attention should be given to the body's water balance and breath rate. Humans are

approximately 70 – 90 % water. Our behavior depends upon the relation of water and earth, air and ether.

Breath represents air and ether and is the rhythm of life. Normally we breathe 15 times a minute, but when we are able to rhythmically slow down the breath to 4 (or less) breaths per minute, we have indirect control over our mind. Calm, slow breathing eliminates unbalanced behavior and promotes a calm mind regardless of the state of affairs.



Sit in Easy Pose or full lotus if you can comfortably. Place your arms across the chest and lock hands under the armpits, palms open and against the body. Raise the shoulders up tight reaching toward the earlobes Apply Neck Lock by tucking the neck in toward the chest with the spine straight. Eyes are closed. This position may be uncomfortable, but it does not hurt. Concentrate on how the breath changes automatically in this position.

The breath will automatically become slow. Continue for 3-5 minutes. You can gradually increase the time to 11 minutes.

Drinking water, pulling the shoulders up toward the ears and tightly locking the entire area creates a solid break to the four sides of the brain. After 2 or 3 minutes, thoughts will be there, but one does not feel them. This is a very effective method of balancing the brain.

To end, relax the hands down, sit quietly and enjoy your inner space of peace. You will notice that you have created a space independent of your rational mind. Your mind will still have thoughts and you can observe them, but you can choose to be in your peaceful space or neutral mind.

A Story About: What Will You Choose?

The following is one of those Internet stories that is related to our lesson. It might inspire you to make attitude choices that help you create a reality of aliveness, joy and peace.

Read this and let the message sink in. Then choose how you want to experience the rest of the day and how you want to start your day out tomorrow. Remember life is a series of choices that we make ourselves at every moment. Here is the story --

Michael is the kind of guy you wonder "How does he do it?". He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Michael replied, "Each morning I wake up and say to myself, Mike you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time Something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to
learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Michael said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."

I reflected on what Michael said. Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back. I saw Michael about six months after the accident. When I asked him how he was, he replied. "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the accident took place. "The first thing that went through my mind was the well-being of my soon to be born daughter," Michael replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Michael continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man.' Iknew I needed to take action."

"What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said Michael. "She asked if I was allergic to anything. 'Yes, I replied." The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity."

Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead'."

Michael lived, not just due to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. As always, the choice is our own.

End of story.

Not everyone is as outgoing as Michael, but we all are at choice how we experience life. The inner subtle choices are the ones that determine our happiness and our destiny. Meditation gives us the chance to make these choices at deep, impactful levels.

Have a grateful day, if you choose!!

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Lesson 05

Sat Nam (the Seed of Truth)
Stress Reduction

ANTRAS

Mantras are sounds that connect us with different levels of intelligence. SAT NAM is the most basic mantra used in Kundalini yoga. (pronounced like "but mom") SAT means the truth. NAM means name, identity, to identify with or to call upon. SAT NAM can be translated as "Truth is God's Name. Truth is my (your, our) identity." It is used as a greeting to acknowledge the Truth in each one of us and as a personal mantra to express or tune into one's infinite identity.

SAT NAM is an invocation of our divine consciousness. Its vibration links us up to our true identity, which is our divine soul. SAT NAM is called the seed or bij mantra. By chanting this mantra we plant the seed of universal truth in our consciousness.

We all know the axiom "The truth shall set you free." The question is how do we link up with the Truth. SAT NAM is one mantra that links us up with the Truth. SAT NAM has the power to set us free by waking us up to our infinite identity.

SAT NAM has the power to clear the subconscious mind so that old wounds and programs no longer get in the way of Self-realization. It does so by changing the projection of our minds. Mantra means the projection of the mind. "Bij" or seed mantras use universal sound currents to rearrange the habit patterns of the mind. They do so by accessing the part of the mind that regulates habits. The sounds erase patterns that vibrate at lower frequencies or do not resonate with the Truth or our true essence. They establish new habits by replacing the old frequency with the higher frequency of the Truth. SAT resonates with universal Truth. NAM "is the vibration which creates what it names." *(1)

BREATHING -- PRANAYAMA

The science of breathing is called pranayama. Pranayama is an integral part of Kundalini yoga and meditation. In this lesson we will offer a few basics that will help you begin to be aware of your breath and to integrate conscious breathing into your daily life and yogic practice.

The breath and the state of the mind are intricately linked. We can control our minds by controlling our breath. Most of us breathe very shallow breaths and take from 15 or more breaths per minute. Breathing more that ten breaths per minute creates a state of stress. People who suffer from panic attacks not only breathe quickly and shallowly. They also often breathe through their mouths.

To create a state of peace and relaxation we must breathe less than 10 breaths per minute. Breathing four or less breaths per minute induces a state of meditation. We must also inhale and exhale through the nose.

Whenever you want to calm down, paying attention to your breath is the first step. Notice if you are inhaling and exhaling through your mouth or nose. Notice where you are breathing in your body. How far down do you breathe? Do you breathe in the belly, chest or neck? How many times do you breathe per minute? Time yourself.

Kundalini yoga links the breath with a mantra. The most basic mantra is SAT NAM. Our goal is to mentally link SAT to every inhale and NAM to every exhale. In this way the breath and the

mantra work together to calm us down, energize us, purify us and link us up to our true identity. After practicing the following meditation, you will notice that it will be easier to automatically link SAT to your inhale and NAM to your exhale.

THE CALL OF THE SOUL -- LONG SAT NAM'S TO NEUTRALIZE TENSION

The simplest and most basic meditation in Kundalini yoga is chanting long SAT NAM's.

Sit with a straight spine, either in easy cross-legged easy pose, in your preferred meditation posture or in a chair with the feet on the floor, sit bones carrying the weight of the body.

Bring the hands to the heart, palms facing the chest, left hand on top of right. Place the left thumb in the center of the right palm. The fingers of both hands are together and straight. The hands gently rest against the chest, arms are relaxed on the body.

Eyes are 9/10 closed to begin with. As the meditation progresses, they may close completely.

Inhale with a long deep breath. On the exhale chant out loud **SAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAT** At the end of the breath say **NAM**. Notice that your breath gets longer and deeper. You may slow your breath down to 2 per minute.

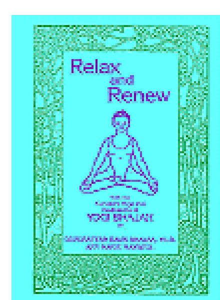
SAT is the liberator and the cleanser. Let yourself relax and release with the **AAAAAAA**. **NAM** is like the anchor. Feel the sound anchor you in your body. Then inhale deeply again and continue.

Feel the sound of the **AAAAAA** come from the heart. Experience your throat as the mouthpiece of your heart. This practice will help you locate, consolidate and open up the fourth (heart) and the fifth (throat) chakras. SAT NAM is the call of the soul. As you chant call out to your soul, sing to your soul. Singing to your soul creates a very peaceful feeling. It takes us out of duality for a moment as our personality and soul merge as one in the sound current of our infinite being. Feel free to express any emotions that come up. This is a good way to release and balance the emotions. The emotional energy will gently merge into soul energy.

At the end of the meditation, inhale deeply, hold the breath as long as you wish. Listen inside and be one with the experience. Do this 3 times. Then sit quietly or lie down and completely relax. Begin with 3 to 5 minutes and build to 11, 15, 22 or 31 minutes.

BENEFITS

This is a very relaxing meditation. It completely neutralizes tension and brings you to a very peaceful state. It is good to do if you feel overwhelmed with your daily activities or have too much intense energy in your body. Do it for 40 days and you can revitalize your glandular system and re-establish your glandular equilibrium. This is a good meditation to do at the end of a busy day. Do it when you get home after work before dinner and you will be able to enjoy your evening. Do it before you go to bed and you will sleep like a baby.



SOURCE: **Relax and Renew**, with the Kundalini Yoga and Meditations of Yogi Bhajan, by Gururattan Kaur Khalsa and Ann Marie Maxwell, Yoga Technology Press, page 98.

*(1) **Kundalini Yoga: The Flow of Eternal Power**, by Shakti Parwha Kaur Khalsa, Berkeley Publishing Group, p. 105.

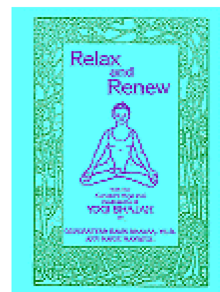
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Lesson 06

Flexibility of the Spine

The yogis say that a person's age is determined by the flexibility of his/her spine. The most basic goal of Kundalini Yoga is to take care of the spine. This lesson offers a series of exercises to activate, align and loosen up the spine. You should refer to the set entitled "**Exercises for Maintaining a Flexible Spine**"

This set is taken from the excellent book - **Relax & Renew**, from Yoga Technology.



Focus and Attention

Focus and attention are important tools to achieve optimal results. While you are doing these exercises, put your attention on the part of the spine that is moving or being activated. The energy originates in the spine and flows out through the body and into the energy field.

The spine is where you will feel the flow of energy. Notice which parts of the spine feel warm or even hot and where there are no feelings or numbness. This information will indicate where your energy is flowing and where it is not. For the Kundalini to flow, the whole spine must be open. Kundalini is our vital, creative energy that flows through us all the time. The amount that flows through us determines our aliveness and awareness. The goal of practicing Kundalini yoga as taught by Yogi Bhajan is to GRADUALLY increase the flow of energy. Many people who practice Kundalini yoga do not experience huge rushes of uncontrollable energy. Rather they experience a gradual expansion of consciousness and increase in vitality that evolves over time.

Goals of Spinal Exercises

The goals of the spinal exercises are:

- to develop an AWARENESS of your spine
- to establish the spine as a FOCAL POINT for your attention
- to ACTIVATE and open the energy flow in the spine
- to ALLOW the energy to move and align itself.

In later lessons we will experience the specific energies of each of the chakras. First we want to establish a baseline of spinal awareness.

Active and Passive Practice

The moments between exercises which should be at least 15-30 seconds and up to 1 minute if you choose. Executing the exercises is the activation part of the practice. The exercises stimulate the glandular system, loosen up the spine, massage the muscles and strengthen the nervous system. Between exercises is the passive part of the practice. DO NOTHING, simply be aware of what is happening. Let the energy flow. It will adjust what needs to be adjusted and go where it needs to go.

Daily Practice - How Long?

This set of exercises can take from 20 to 40 minutes depending on how long you do each exercise. The deep relaxation after the set is an additional 5-10 minutes. The silent meditation is also between 3-11 or more minutes depending on the time you have. Tailor your practice times so that you do not feel rushed. The more relaxed and present you are to what you are doing and what is happening, the better the results and the more awareness you will cultivate.

Many people who have signed up for the training have indicated in their questionnaires that they have 1-2 hours per day to devote to the practice of Kundalini yoga. You will achieve striking results with a 1-2 hour daily practice!

For those who have less time, consistent practice produces positive results. I always tell people PROGRAM YOURSELF FOR SUCCESS. If you can do 5 minutes a day, do 5 minutes EVERY day. Then increase your time as you can. Do not start out with the false hope that you can do 2 hours, do it for one day and then stop your practice.

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40 Days

Once you have established a program that works for you, continue practicing this set for 40 days. 40 days is the yogic time for breaking a habit. 90 days of practice creates a new habit. 1000 days establishes mastery.

The optimal time to begin a new set or meditation is on the New Moon. You should set your intention on the New Moon and start as soon as you can after that date.

My intention is to build our practice one step at a time. Kundalini yoga and the spiritual path are so rich. When we take one step at a time we can make a lot of conscious progress.

Sat Nam and have fun!

Gururattan Kaur

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Lesson 07

Change, Creation & Choice

Why do we choose to practice Kundalini Yoga?

Why do we decide to follow a spiritual path?

Regardless of the path or the practice, one of our primary motivating factors is that we want to change something in our lives.

- We want to reduce our inner anxiety and experience peace of mind.
- We want to feel better, to be happier, to be healthier.
- We want more vitality, more passion, more joy.
- We want a better life, loving relationships, meaningful and prosperous work.
- We may want to lose weight, sharpen our intuition, or be more in control or our own lives.

The human journey is about change, transformation and evolution.
To change we must understand where we are and how we got here.
To transform we must transform our inner and projected energy.
To evolve we must actively engage in the creation of our own reality.

So how do we create the changes that we desire?
How do we transform our energy?
How do we become more conscious participants in our own lives?

Assumptions

My approach to change, transformation and evolution is based on the following assumptions.

1. Everything in the Universe is made up of energy, including ourselves.
To make changes in our lives, we have to shift our energy.

2. Our inner reality creates our outer reality.
As we shift our mental, emotional and physical states, we create changes in our circumstances, environments and relationships.

3. Whatever the problem, challenge or situation, "It's all about me and my life."

4. Free Will is the gift that we humans were given to make changes in our lives.
The evolutionary nature of the Universe, ensures that we will grow and be transformed. Free Will gives us an opportunity to participate in the process through conscious choice. Free will is what makes change, co-creation and choice possible.

How do we Shift our Energy?

The practice of Kundalini yoga shifts our energy. It does so through a combination of (1) Movement, (2) Breath, (3) Sound, and (4) Rhythm

(1) MOVEMENT
Many of the Kundalini yoga exercises or asanas involve rhythmic movements.

(2) BREATHING OR PRANAYAMA
Rhythmic breathing is incorporated into the exercises as well as done as a meditation in itself. Pranayama exercises also produce effects through attention and pace.

(3) SOUND
The chanting of mantras tunes us into and aligns us with the universal sound current. The effects of mantra meditation include the clearing of the subconscious mind, the creation of divine thoughts and the ability to listen to the sounds of the Universe.

(4) RHYTHM
Rhythm is an integral part of the physical Asanas, the Pranayama and the chanting. Rhythm is key to establishing identity, stability and health.

How do we Create?

Kundalini yoga is based on the following understanding of how we create our reality--

- The body, mind and emotions respond to movement, rhythm and sound.
- The body, mind and emotions follow the breath.
- How we feel physically, mentally and emotionally determines how we vibrate.
- How we vibrate determines how we project into the world and the Universe.
- What we project determines what we attract and create.
- What we attract and create influences how we feel about ourselves and our lives.
- If we do not like what we are creating, we can choose to shift our attitudes, our perceptions and our energy.

The scenario continues and intertwines.

Model for Transformation

This course in Kundalini Yoga is based on the following model of transformation:

- Change yourself - your thoughts, your energy, your projection and your life will change.
- Our touchstone is - Every situation and challenge is all about ME, my energy and my life!
- We live in the question - What can I do, how can I be today to align and resonate with the life I choose to create for myself?

Kundalini Yoga is About

(1) Experience
(2) Activation
(3) Alignment
(4) Evolutionary Change
(5) Awareness and Consciousness
(6) Responsibility, and
(7) Self-empowerment.

Below is a brief explanation of each of these concepts and guidelines on how to focus your attention during your practice of Kundalini Yoga to maximize your transformation.

(1) EXPERIENCE
Life in physical reality is about experience.

Beliefs define the parameters within which we limit or allow ourselves to experience life.

Experience is the extent to which we actually feel life.

Our goal is to experience our energy and a sense of ourselves in our body.

(2) ACTIVATION
By moving and stimulating the body, we keep it healthy--
we build a strong immune system and nervous system
we keep our glands, circulation and structure vital.

The body is the temple of our Soul. As we cleanse, relax and systematically move our body we revitalize and maintain our temple we activate our dormant potentials we invite more aspects of our Soul to become known to us.

(3) ALIGNMENT
By raising the frequency of our energy, we move into greater alignment and resonance with our higher Self, i.e. our Soul, the Universe, what we wish to attract into our lives, our destiny path.

(4) EVOLUTIONARY CHANGE
As we change our energy, we change our lives.

Change happens incrementally.

Permanent change requires shifts in all aspects of our being-

mental, emotional, physical, spiritual.

The practice of Kundalini yoga creates changes in all aspects of our being.

(5) AWARENESS AND CONSCIOUSNESS
Consistent practice of Kundalini yoga wakes us up and keeps us awake.

We become more aware of our thoughts and emotions and how they create our internal and external realities.

We become more aware of opportunities and are able to take advantage of them.

(6) RESPONSIBILITY
Within each of us in the power to create.

We are creating at every moment.

When we take responsibility for what we create:

- we release ourselves from victimization
- we establish our own identity
- we develop a sense of our own individuality
- we become a powerful independent force.

The root of self-esteem is taking responsibility for one's own life.

(7) SELF-EMPOWERMENT
Self-empowerment is both a feeling and an experience.

The feeling of self-empowerment has two aspects:

1. The inner experience that we are the creator of our own life
that what we do, think, and say has an impact that we are connected to and a part of the creative Source.

2. Witnessing that as we change, our life changes--
that we can actually create a different reality by altering our thoughts, words and actions.

Self-empowerment comes from consciously participating in creating our own life.

Guidlines for Practicing Kundalini Yoga

(1) HOW TO EXPERIENCE
We experience energy as NON-VERBAL sensations. If we are thinking we are not feeling!

Focus your attention on what you are experiencing in your body.

Feel the energy in your body

where it is blocked
how it moves
when and how it changes.

Be present to the different sensations of the emotions-fear, anger and sadness.

The emotions are the force field of the soul.

Each communicates in a different way.
Alignment with and transformation of emotional energy happens through

allowing
accepting
loving.

It is through gentle experience and acknowledgment that tightness, restriction, resistance and pain are gradually transmuted into openness, vitality and pleasure.

Be aware of the energy sensations in your spine.

Each chakra manifests a different kind of energy.

Be aware of the different qualities of energy along your spine and in your body.

(2) HOW TO ACTIVATE
The purpose of Kundalini Yoga is to activate all parts of our body, so that it can function optimally.

Our goal is to enjoy being in our physical form.

It is counter productive to strain or to over extend yourself.

Kundalini yoga is not a competitive sport.

Do each exercise with the intention of stimulating, freeing and opening up your body, energy and breath.

(3) HOW TO ALIGN
Be aware of what feels comfortable and what feels out of alignment.

Let the movements bring you back into alignment.

Establish your own comfortable rhythm.

Between exercises, simply be still and aware. Let the energy align your body.

Be present to the rhythm of your breath in your chest.

Our being as expressed in our energy has its own intelligence.

Our energy automatically goes where it needs to go to create healing and alignment.

Our goal is not to interfere, but to simply let it happen.

(4) HOW TO CHANGE
Change is guaranteed when we practice Kundalini yoga.

All we have to do is to DO IT.

We can simply enjoy the practice and trust that it will work its magic.

Monitor changes in your body, energy level, attitudes, feelings, and emotions.

Release
Negative thoughts and emotions must be experienced to be released.

We often try to avoid this stage because it can be painful.

The good news is that if beliefs and emotions are close enough to the surface to be experienced, they can also be released.

The easiest way to release is through loving acceptance, without resistance and judgment.

Permanent release can be facilitated by thoughts and decisions, but the mental aspect is only one dimension.

Release must take place in the physical body at the sensation level.

Positive Results
Acknowledge, give yourself credit for and enjoy the positive shifts in your inner and outer realities.

(5) HOW TO BECOME AWARE AND CONSCIOUS
Be aware of what is happening in your body, mind and emotions.

Mindfully train yourself to turn your attention from external stimuli to yourself.

Be attentive how external stimuli impact how you feel to yourself.

Practice focusing inside instead of outside yourself.

To shift our attention within is one of our most difficult challenges.

Inner focus is one of the most important requirements for spiritual growth.

(6) HOW TO BE RESPONSIBLE

Own your feelings and emotions. Make them about you, not about someone else or outer circumstances.

This does not mean that you must try to pretend to like everything.

You won't! Guaranteed! You are not supposed to. Life doesn't work that way. Only denial works that way.

Being responsible means that you take responsibility for how you feel, react and respond.

Eventually we come to a point where our reactions are not automatically controlled by unconscious programming

where we are internally at choice in our responses

where we are in charge of our inner reality.

Only then we are able to act, speak and project responsibly.

(7) HOW TO BECOME SELF-EMPOWERED

Inner focus is one of our most rewarding and empowering achievements.

Once we realize what we are doing within, we can alter our inner habits and thus change both our inner and outer realities.

Monitor, acknowledge and thoroughly enjoy how you shift within the results you produce without and the relationship between the two.

Enjoy Your Process - This is Your Life

Choose any aspect of the above guidelines and bring your attention to it during your practice of Kundalini Yoga. Definitely do not try to do all or even several at once. Enjoy your process- how you change, what you create and how your choices make a difference in your evolutionary unfoldment.

This is your unique life. May each of you be blessed to experience the wonders of your own being!

FREE On-Line Kundalini Yoga Training

Lesson 08

Activating the Kundalini Locks (Bhandas)

Activating the Kundalini

Each of us in our own way is charming, creative and alive. We are each born with the innate capacity to able to both master and accept our circumstances. If we use our gifts wisely we can accomplish much and achieve happiness. The human path is about learning to connect with our soul essence, tap our vital energy and discover our gifts so that we can successfully navigate our life.

The Kundalini is this dormant potential in each of use. The Kundalini is the internal fire that ignites our Soul. Raising the Kundalini is about activating our internal flame, unleashing our passion for life and taming our fiery emotions so that we can use our energy to live an exciting and fulfilling life.

The spirit of our soul is always available to us. Kundalini yoga was created to help us

- Tap the magical powers of the Divine within
- Cultivate our internal fire
- Build our charismatic presence
- Unleash our will to act and create
- Transmute fear into prana and vitality
- Enliven ourselves with the breath of life
- Awaken our Kundalini - the power of your Soul

How do we tap the fire, the passion, the magnetic presence and the unlimited energy that the Kundalini represents?

The Awakening Process

The Kundalini is the boundless energy of our Soul. it lies dormant, ready and waiting to be awakened. The awakening process involves 3 complementary principles.

(1) Activation
(2) Allowing
(3) Alignment

(1) **Activation** is the conscious effort or the masculine aspect. Activation is associated with practicing a discipline involving techniques designed to shift energy. Activation involves some form of action or "doing."

(2) **Allowing** is the conscious acceptance of what is occurring. Allowing is the feminine aspect. Allowing involves simply being, doing nothing, but at the same time being very aware of what is happening.

(3) **Alignment** is the integration or the result of activation and allowing. The goal is two fold (1) to align our energy with universal energy, so that universal energy effortlessly flows

through us and (2) to align our body, mind and emotions so our infinite potential is unleashed within us.

The practice of Kundalini yoga incorporates these 3 principles.

(1) **Activation** takes place with the practice of asanas or yoga exercises. When it is properly functioning, the release of the energy of the Kundalini is facilitated. The power of the exercises is enhanced with the breath and the internal recitation of mantras. The exercises strengthen the nervous system, stimulate the glands to secrete, loosen up the muscles and align the skeleton. The body is the temple of the Soul.

(2) **Allowing** happens when we relax, let go and stop trying to make something happen. We are programmed to try to control ourselves, the events in our lives and our environments. Yet perhaps 90% of what happens within ourselves and in our lives happens beyond our control. Ideally we would spend equal time simply being aware of what is happening and tuning into the reality of what IS. By simply allowing, we not only expand our awareness of what is transpiring within about outside ourselves, we release the resistance that prevents our energy from flowing and things from happening in our lives.

(3) **Alignment** has both and active and a passive component. The active component involves "applying the locks" or performing subtle internal movements in the chakras and along the spine. The passive component happens naturally when the blocks in the body have been released. The physical and energy bodies automatically align when the resistance to the natural state and flow is gone.

Energy Flow

Our goal is to access, activate and increase the energy flow in our bodies. There are several ways to do this. The practice of Kundalini yoga incorporates the following principle techniques.

- Movement or exercise which opens channels in the body and causes the glands to secrete.
- Receiving the energy contained in the breath
- Allowing our innate energy to flow by releasing resistance and blocks
- Opening ourselves to receive Divine energy by opening our chakras and our mind.

Locks or "Bhandas"

Locks or "Bhandas" create a posture that is maintained while the breath is held out or in. The slight movements in the muscles align the body so the energy in the spine can flow upward, not downward. Lock refers to the action performed by the locks before a dam, which prevent water, or in this case energy, from being released in a backward or downward direction. The term locks should not be interpreted as a forceful constriction. The idea is not to block the energy but to open up the spine so that the energy can flow easier and be released upward. A more gentle way to relate to the locks is to view them as ways to open up the flowers or the pedals of the lotuses along the spine.

When to Apply the Locks

Relaxing while holding a posture (after the exercise is completed), creates a dynamic space for movement of energy. In general, the locks are applied while holding the posture after

completing a yoga exercise. This direction is not always specified. It assumed that the student will gently apply the appropriate locks to anchor in the internal effects of the asana.

ROOTLOCK OR MULBHAND
Rootlock or mulbhand closes the lower three chakras so that the energy cannot be lost or leaked out through the base of the spine. As a consequence the energy stays in the body and can flow up the spine. As with all the locks, rootlock is done either while holding the breath in or holding the breath out.

The complete rootlock is done by slightly contracting the muscles of the rectum or anal sphincter, and the sex organ and pulling the navel center in toward the spine. To identify and work with the muscles of each of the chakras, practice working with them separately.
When the mulbhand is applied while retaining the breath, the two major energy flows, prana and apana are united. This generates psychic heat which triggers the release of Kundalini energy.

DIAPHRAGM LOCK OR UDDIYANA BHANDA
Diaphragm lock works with the solar plexus and the heart chakra. It is actually easier to apply this lock while holding the breath out. The diaphragm muscles are pulled in and up. Start by sucking in the solar plexus, pull the muscles toward the spine and then pull them up. The chest will expand and the spine will straighten.

Diaphragm lock massages the heart muscle and causes the thymus to secrete. It is also used during chanting. Rhythmically applied, it enhances the effect of chanting.

NECK LOCK OR JALANDHARA BHANDA
The neck lock involves a very subtle movement. Move the chin down slightly and pull the head up. The chest will open up. You will move from a slumped posture and caved in chest to a straighter posture and open heart center. The shoulders should relax, drop and release downwards. The tongue and throat should relax.

Straightening the cervical vertebrae allows the free flow of prana to the brain and opens the connection between the head and the heart.

TONGUE AND EYE LOCK
Yogic texts stop with the neck lock. However, to complete the stimulation of the 6th and 7th chakras, what we will call the tongue and eye locks are also applied. The tip of the tongue presses gently to the roof of the mouth. The eyes look up as though looking out the top of the head. You may feel the pulse at the crown chakra (the soft spot on a baby's head.)

MAHABHANDA
Mahabhanda is the application of all the locks at once. When all the locks are applied, the nerves and glands are rejuvenated.

Bhanda Exercise

- Sit on the heels with the knees spread wide apart, palms on the thighs
- Apply rootlock and relax it
- Apply diaphragm lock and relax it
- Apply neck, tongue and eye locks and relax them
- Pull the locks while holding out the exhale
- Repeat in rhythmic alternation for 3-11 minutes
- Stay very present to the energy movement along the spine

- Notice how the slight movements and adjustment to your position effect the flow of energy
- Apply the same concepts as above - ACTIVATE, ALLOW AND ALIGN
- and, make sure to take the time and attention to really enjoy with is happening in your body!

This bhanda exercise is also an excellent preparation for tantric sex. It allows the sexual energy to move up the spine instead of being expelled.

See also our page about Bhandas or Locks

FREE On-Line Kundalini Yoga Training

Lesson 09

The Navel Chakra and Kundalini Yoga

Yogi Bhajan teaches that the seat of the Kundalini is in the navel center. Reflecting on my experience over the last 22 years of practicing Kundalini Yoga (preceded by 8 years of Hatha yoga), I have often had an intuitive urge to return to the navel center. The answer to the question at hand, whether it is about me or a student, is often "strengthen your navel center."

The navel center is the focus of many spiritual disciplines. The Taoists start and return to the navel center while practicing the microcosmic orbit. (Internal circular breath that starts at the navel, goes down the front to the base of the spine, goes up the back to the crown and back down the front to the navel.) *(1) The internal martial arts initiate moves from the navel or don tien, which is 2-3 inches below the navel.

Where is the Navel Center?

In the very early Kundalini lessons taught by Yogi Bhajan, he said that the navel center is actually approximately 2-3 inches below the umbilicus. In these lessons, therefore, when we say navel center we are referring to a point 2-3 inches below the belly button. This is the center of energy that is the gravity balance point in the body.

When we pump our navel energy or move from our navel center we are actually pumping and moving from a center where thousands of nerves come together. Each person can find this center in their own body by doing the Kundalini yoga exercises given by Yogi Bhajan. As you practice the exercises, the nerve endings will be stimulated and the energy will coalesce at this point. Practice of any of the martial arts will also help you find and align this center of gravity in your body.

One way to know is by feeling the pulse at this point. You can also feel the pulse right at the navel or umbilicus. Either way, a powerful pulse will indicate that your third chakra energy is aligned or "set."

There are different schools of thought about the location of the navel center. I thought that all the martial arts taught that this center, called the don tien, was 2-3 inches below the physical navel. However, several years ago I studied with a Chi Gong master who taught that it was right at the umbilicus. The man was certainly a master of chi and his techniques worked. Kundalini yoga has been taught using both locations. It all seems to work. Individual practice will help you find and cultivate your power center. Might have guessed that the Masters would

give us just enough information so we would have to practice the techniques in order to experience the truth for ourselves.

Opening the Heart Center

When Yogi Bhajan came to the West and Los Angeles in 1969, the strengthening and balancing of the navel point was one of the main focuses of his classes. His yogic message was that in order to get and stay in the heart center we first had to cultivate a powerful and stable base or the "lower triangle." The lower triangle is the lower three chakras - root, sex and navel. The major theme of my first book Transitions of the Heart-Centered World (1988) is how to build the lower triangle as a base for moving into the heart chakra.

It is interesting to look back and observe the different spiritual paths in the 70's and 80's. The message of the flower children of the 60's was "All we need is love." Yogi Bhajan attracted many of these flower children to his classes. We certainly need more love. The question is how do we get it? Yogi Bhajan essentially said, "If you want love, you have to prepare your mind and body to give and receive it." So while other paths were concentrating on opening the upper chakras to receive universal Love, Yogi Bhajan was teaching us breath of fire, stretch pose and other strenuous abdominal exercises. There was no time to sit around and love each other.

We were instructed to get up at 3:00am, take a cold shower and do 2 1/2 hours of Kundalini yoga and meditation. And then there was the rest of the program, which included seva (selfless service), devotional chanting, and teaching, setting up restaurants and ashrams. Who had time for love? We were exhausted!

Yogi Bhajan is a "Saturn" teacher. He teaches through discipline, lessons and committed action. We don't contemplate our navels. We pump them until they are activated and our internal energy moves spontaneously and dynamically.

From Anger to Action

One of the reasons for following a spiritual path is our desire to be more spiritual. However, we can't be spiritual if we are filled with anger and fear. We have to clear out or transmute our anger and fear in order to make room for Spirit and Love.

Anger is navel chakra energy. I like to think of navel energy in terms of "anger into action." When our navel chakra is strong, we have the energy to take action and accomplish things. When it is weak, we have difficulty taking action for ourselves. When we can't act, we feel like victims of external forces, outside authorities and political or economic systems. And indeed, when we do not take action to get our needs met and do what we want and need to do, we usually are victims. Those with a weak will, or navel center, are easy prey to those who live off the manipulation, control and exploitation of others through personal intimidation, guilt trips, advertising, political, financial and brut power. Not taking action on our own behalf and falling prey to the manipulation of outside forces, breeds inner anger and rage.

With rare exceptions, we all carry unresolved anger in our body and psyche. Everyone has experienced some injustice or abuse, which when triggered or remembered, sets them off. Our goal is not to get rid of this reaction all together. Anger is a normal and useful emotion. Emotions are the way our Soul speaks to us. When we experience anger, we are receiving information from our Soul that we must translate into messages that pertain to the situation at hand. Some messages anger tells are-"This situation does not work for me." "Don't waste your energy. Gracefully leave." "I need to take action." "Something needs to be done, and I better do something about it."

The problem with all our "negative" emotions-anger, fear and sadness-is that these emotions are too often not evoked in response to a current situation. What typically happens is that current life situations evoke unprocessed abuse and reactions from the past. One of our major life goals is to process unresolved emotions, so that our responses, instead of being automatically controlled by our past, give us accurate information about moment to moment circumstances.

Unprocessed emotions are stored on our body. Kundalini yoga is a powerful tool to help dislodge these emotions from our body and transmute this energy into higher frequencies. Anger is eventually transmuted into Light.

One of the most powerful ways to move out of the state of disempowerment into empowerment is to cultivate our own internal power. Yogically, the navel center is the place to begin.

As we work on the navel point, we will also work on the first two chakras. Yogi Bhajan used to tell us that a cup without a bottom is not going to hold much tea. In building the lower triangle, we are building our foundation, or the bottom of our cup, so that we can hold the universal tea of Love. Creating a bottom for our cup and clearing out the past hurtful memories from our cup are two important steps in making our "**Transitions to a Heart-Centered World**."

A Fast Path - "In Your Face" Yoga

In the yogic scriptures it is said that Kundalini yoga is 16 times more powerful than Hatha yoga. On the one hand, that seems to be good news. The Catch 22 is-- How do we make such quick progress? We are confronted with our issues 16 times faster! Kundalini yoga is "In your face yoga." Spirituality can be a rough ride. A lot of things get better and some things certainly seem to get worse! No spiritual journey is a free lunch. We are obliged to deal with our issues in order to set ourselves free.

I remember how some of us naively thought that everything would be blissful on a spiritual path. Many of us used to think that enlightenment was just a few meditations away. At one Ladies Camp many years ago, Yogi Bhajan responded to this fanciful interpretation of spirituality. He said, "I never told you that you would not have problems. I told you that you would be able to get through them.!"

Therapy and Group Healing

Kundalini yoga is a powerful tool that helps us unleash our vital energy. Regular practice unblocks and transmutes energy that is being held as stress, pain, anger and fear. Combined with the meditations, the breathing, movement and positions help clear our psyche, cleanse our subconscious and balance our emotional energy. However, the dynamics of the healing process often require outside support and interaction as well.

I used to believe that I could just do Kundalini yoga and meditate and everything would be taken care of over time. Kundalini yoga and meditation does much to purge us of the emotional charges of past traumas. However, to achieve lasting empowerment and inner peace, we must look at and consciously resolve our inner wounds. Kundalini yoga and meditation help us become aware of our wounds and give us the strength and perspective to consciously deal with them.

What is often referred to as our inner child issues (the wounds that we received or perceived that we received while we were very young) must be "healed." In addition to a spiritual discipline, this task is expedited by working with a competent therapist and working with a group such as a Twelve Step program. Interaction with a trained counselor who can identify

our patterns and with a group that can support and accept us as we are, are invaluable parts of the human growth process. They complement and speed up our results. Realizing that we are not alone and identifying our common human problems and solutions as we move through the human experience can be a welcome relief and powerful asset to our healing. Bonding with others is not only comforting, it opens up our hearts.

Our individual process is a very personal part of the empowerment game. However, as we practice Kundalini yoga together, the Yahoo Groups system, for example, gives us the opportunity to share our results with each other. It is fun to monitor our progress. What issues are in our face that we can no longer relegate to our inner cave called denial. How have our lives changed? What is happening internally and externally? What different situations and new opportunities are we attracting? As you practice Kundalini yoga, keep track of your progress and share them with the group as you feel inspired to do so.

From Anger to Forgiveness

For your own personal processing, I recommend a book called From Anger to Forgiveness by Earnie Larsen. It is short, concise, to the point, easy to work with and cheap (only $6). For me, one of the most interesting and liberating lessons of the book was the revelation that past anger is often disguised as problems that we do not often associate with anger-depression, having the fidgets, being secretive, feeling victimized, being a workaholic, undefined agitation and smoldering rage.

I personally found that simply identifying a situation that made me angry as a child allowed me to become calmer in my daily activities. I discovered that my fidgety agitation and tendency of my mind to jump from one activity to another was linked to the expectation of over responsibility as the oldest child. The combination of the revelation of this understanding, sharing with a friend who was also working with the book and the practice of Kundalini yoga catapulted me to a more peaceful state of consciousness.

Identity in the Lower Triangle

The basic problem with unresolved anger is that this vital energy is consumed and unavailable for living our lives and creating our dreams. Unresolved anger creates blind spots in our psyche, which results in indecision, the inability to commit and even the inability to know what we want in the first place! It is my experience that when I know what I want, go for it and achieve results, I experience a sense of satisfaction in my life. I believe that this is true for all of us.

It is in the lower triangle that we achieve a sense of our own identity. The first three chakras are where we experience our individuality. It is in our uniqueness that we identify not only who we are, but also what we want and how to accomplish our goals. It is the FIRST CHAKRA and our connection with the Earth that gives us the power to manifest, to bring into being our desires, and to achieve results. The SECOND CHAKRA gives us the power to create. The THIRD CHAKRA gives us the energy to take action.

So let's take action to strengthen and activate our navel center and build our lower triangle.

Setting the Navel Center

The navel center is the easiest chakra to monitor. You know your navel center is "set," when you feel a pulse at or around the rim of the umbilicus. You can also monitor this pulse at the don tien or navel center 2-3 inches below the navel and in the line between these two points. Although you can check the pulse sitting or standing up, the easiest position is lying down. The best times are before and after the navel exercises.

Simply take the middle finger of either hand, place it on the navel or navel center and search for a pulse. If there is no pulse, the pulse is weak or it is not in or around the navel, your navel needs "to be set." When there is a strong pulse on or near the center of the navel, it is "set." You will experience that after the exercises, the pulse is stronger and the position may have also changed.

After a few leg lifts, one woman had her pulse jump from the lower right corner of her abdomen to the center of her navel! So do not be alarmed if you cannot find your pulse. The Kundalini yoga works.

It is normal to have a weak pulse in the morning after sleeping. That is why it is strongly recommended to set your navel center before you start your day. Also during the day, if you feel off center, pump your navel center or do breath of fire to come back to center.

Footnotes

(1) **Sexuality and Spirituality** by Gururattan Kaur Khalsa Ph.D. and Ann Marie Maxwell, pp. 153-7.

Nabhi Kriya to Set the Navel Center

The following set NABHI KRIYA was taught by Yogi Bhajan in 1971 and remains one of the classical sets to set the navel center.

Nabhi Kriya - Navel Power

Taught by Yogi Bhajan June 1971

(A) Lie on your back, arms by your side, palms down. Or hands under your buttocks to protect the small of your back. The small of the back is remain touching the floor during these exercises. Placing the hands under the buttocks helps make this possible.

Inhale as you lift your right leg up to 90 deg. or perpendicular to the ground. Exhale as you lower it. Inhale raise your right leg. Exhale lower it. Continue lifting alternate legs with deep, powerful breathing. The original directions were 10 minutes. Begin with 1-2 minutes. Stabilize your practice at 3-5 minutes and work up to 10 minutes if you can.

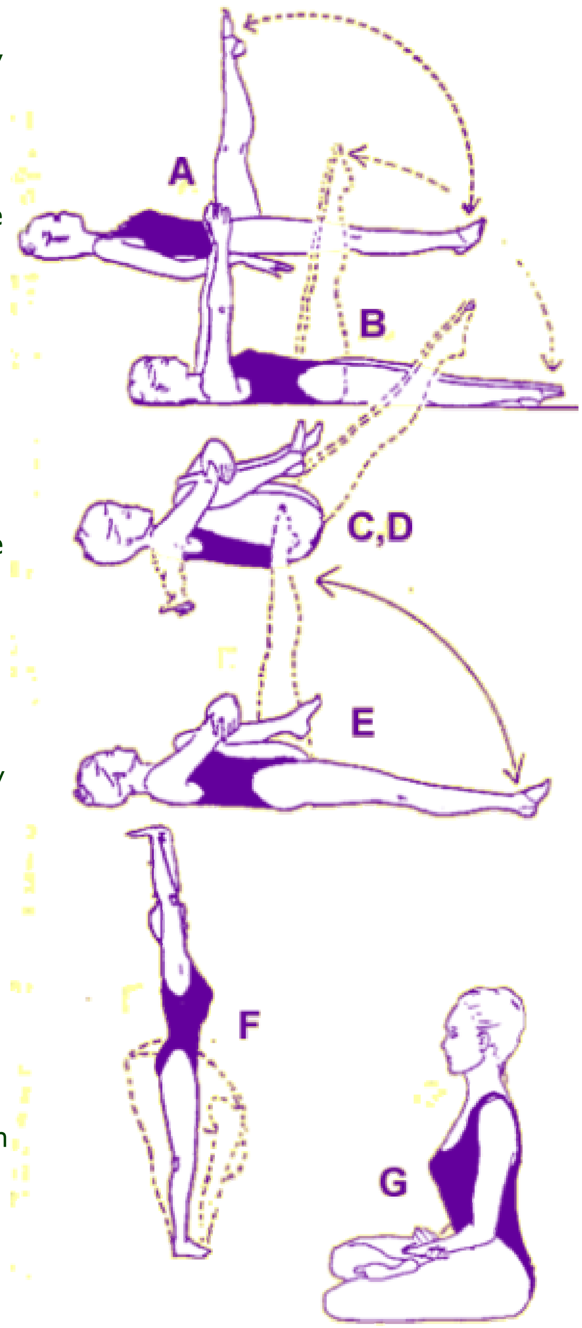
(B) Without pause, lift both legs up to 90 deg. on the inhale, and lower them on exhale. Arms are stretched straight up over the heart center, palms facing each other. Continue for 1-2 minutes and work up to 5 minutes.

(C) Bend your knees and clasp them to your chest with the arms below the knees. Press the small of your back to the ground. Allow your head to relax back. Rest in this position for 5 minutes. (No need to shorten this time :+)) Make sure you are warm enough.

(D) In the same position as #3 inhale, open your arms straight out to the sides on the ground and extend your legs straight out at a 60 deg. angle above the ground. Exhale and return to original position. Repeat and continue for 1-3 minutes. This exercise was originally given for 15 minutes. Again work up to that amount of time if you can. (#3 and #4 are known as Pavan Sodan Kriya.)

(E) On your back, bring your left knee to your chest, hold it there with both hands and rapidly raise the right leg up to 90 deg. and down. Inhale up. Exhale down for 1 minute. Switch legs and repeat for 1 minute. Repeat the complete cycle one more time.

(F) Stand up straight, raising arms overhead, hugging ears, and press fingers back so that palms face the sky/ceiling. Exhale as you bend forward from the navel center to touch the ground, (if you can) Keep the arms straight, hugging ears, and inhale up VERY SLOWLY with a long deep breath. On the exhale (as you bend forward and especially while you a fully forward, apply Mulbhanda or Root lock. Continue at a slow pace for 2 minutes, then more rapidly for 1 more minute.



(G) Totally relax or meditate for 10-15 minutes.

BENEFITS

This set focuses on developing the strength of the navel point and build a powerful base in the lower triangle (chakras 1, 2 and 3). The full times indicated are for advanced students. To begin practice, start with 1-5 minutes on the longer exercises. (1) is for lower digestive area. (2) is for upper digestion and solar plexus. (3) eliminates gas and relaxes the heart. (4) charges the magnetic field and opens the navel center. (5) sets the hips and lower spine. (6) is for the entire spine, unleashes spinal fluid and expands the aura. Together, these exercises get the abdominal area in shape quickly!

This exercise set is found in **Transitions to a Heart-Centered World** and **Introduction to Kundalini Yoga**.

TUNE IN

Be sure to tune in before doing the set by chanting the mantra

ONG NA MO GURU DEV NA MO at least 3 times.

See **Lesson Three**.

To warm up the spine and ground your energy first see **Lesson Six** on the Flexibility of the Spine.

CONCLUDING

Conclude all Kundalini Yoga sessions by singing

May the long time Sun shine upon you
All love surround you
And the pure light within you
Guide your way on.

Then chant
Saaaaaaaaaaaaaaaaaaaaat Nam 3 times

For one or more minutes ground yourself by being present to all the sensations in your body.

FREE On-Line Kundalini Yoga Training

Lesson 10

Infinite Experiences

The practice of Kundalini yoga will open you up to lots of new experiences. You may feel tingling in your body. You may have experiences related to cleansing of your physical body and subconscious mind. Your awareness will expand and you will be aware of more thoughts, insights, feelings and sensations.

I get letters asking my opinion about what someone has experienced. I do not give my opinion or interpretation of what someone else has experienced. My advice is to be with your experiences. They are yours for that moment and they will change. KY is about self discovery. Enjoy and savor your own journey.

My generic answer to "What's happening?" is one or more of the following --
(1) movement of energy,
(2) energetic alignments and adjustments,
(3) releasing of old programs and clearing of the subconscious mind,
(4) physical and emotional cleansing,
(5) expansion of conscious awareness of your true identity and
(6) establishing connection with the divine.

Stay Tuned In and Listen

My general advice is to be present to what you are experiencing without analysis. Many people write that they had this wonderful experience and then when they tried to process it in their mind, it went away. They were so disappointed. You will notice that as soon as you try to figure out what is happening the experience disappears. Notice that when you stay in your body your experiences last longer. You want to savor these precious moments. Insights come later.

As many spiritual writings tell us, "Understanding is the booby prize."

The truth is that everyone knows what they need to do, receives answers to their own questions and is internally guided. Practicing KY opens us up to this awareness. Yogi Bhajan used to tell us, "Go sit in your bedroom and be your own counselor." If we listen to our own intuition, it is easy to tune in enough to receive answers to your own questions. This is what I do. I ask and then I wait until the answers come through. They always do. Could be during meditation, could be while I am walking, driving or sleeping.

It could come sooner or later. But the answers are there if I pay attention.

Your most important job is to stay present. Answers will come if you stay tuned and listen. Healing will happen as you release your resistance to change. Gifts will appear as you align with your soul. The energy will teach you. The experience will awaken you. Enjoy your unfoldment. Kundalini yoga allows you to savor your life and live to the fullest. What a gift!

Opening Up to Experiences

Here are a few more comments on experiences.

(1) Everyone has his or her own experiences. The more we acknowledge and appreciate our own experiences, the more we develop our own sensory awareness system. Sensory awareness is what KY is all about. One of the principal goals of this training is to guide you in expanding your awareness.

(2) Change and variety are the norm in meditation. Our individual experiences vary according to our current stage of growth, what we are going through at a particular time, our moods, the stars, who else is in the house, if we are meditating in a group, and on and on. There are so many factors that influence us at each point in time, which eventually leads us to realize that the best thing to do is to tune into the moment and be present to ourselves, our feelings and our reactions. There are so many ways we get reminded to "Be Here Now." In the now, the infinite is available to us.

(3) What we experience can range from pain and anguish to joy and bliss. There is a myth that meditation is the mindless experience of bliss. Well, eventually we hope to have these experiences. Sometimes we do. Most of the time we don't. A lot of students wonder what is the matter with them when they don't automatically pop into a state of ecstasy. Nothing is the matter. It takes time to clear our subconscious and conscious minds of garbage accumulated for eons of time and added to daily. I always laugh when I read meditation exercises that start out with "first clear your mind." Actually I used to get mad when I read these words. If I knew how to clear my mind I wouldn't even need this silly book! Tell me how please! The lessons in this course are devoted to teaching you how.

(4) What needs to be cleansed, must be released. As one student shared in her experience of chanting Kirtan Kriya (SA TA NA MA Meditation) for 120 days, we may have to

consciously remember and reencounter our fears and past traumas. (This meditation will be explained in Lesson #15.) The good news is that as we process our negative emotions with the cleansing power of a divine mantra, they get cleared out. We can free ourselves by going through the pain. Better 120 days of 31 minutes of anguish, than a deep ennui controlling your whole life.

(5) We also become aware of how our subconscious fears create our reality. This is why we need meditation and mantras. Mantras penetrate to the subconscious mind and clear the programs that we cannot consciously access. If we could, our naïve affirmations would work. How many of us have repeated some form of "I attract the perfect partner into my life", and then actually met our Romeo or Juliet? Or repeated prosperity affirmations and won the lottery? Life is not that simple. Life is a complex, rich and elegant game and hard work. Fortunately if we have the effective tools like Kundalini Yoga and meditation, life can also be fun, rewarding and empowering.

(6) The possibilities of what we can experience are infinite. One time a friend had a very powerful and blissful experience during meditation. He was so pleased. He went to Yogi Bhajan and recounted the whole thing, expecting to receive some positive response. Yogi Bhajan simply looked at him and said, "Son, there's more." Even when our experiences are pleasurable and "far out," there is still more to experience. There is always more. Our experiences are always changing. Don't try to repeat the same experience. Just be with the current one and enjoy it while it lasts.

(7) The gift of infinity is that there are no boundaries. The more we free ourselves of expectations and stop trying to recreate the same thing, the more we open ourselves up to unlimited inner and outer possibilities.

(8) Tuning into different qualities of energy is fun and useful. In a previous lesson I asked you to experiment with white and gold light. One person from Germany explained his experience, which from my experience corresponds very accurately to the nature of gold and white light. This is an example where I will say no more. I don't want to spoil your fun and delight as you cultivate your own internal knowing.

(9) Visualization is manipulation. Feeling is knowing. We may have visions, but they are spontaneous, not contrived by our minds. The less we try to control reality, the more we can tune into reality.

(10) One way to measure the effectiveness of your meditation practice is the changes and quality of your life. Can you sleep better? Are you happier? Are you less afraid? If so, you are making progress. One student reports that he got a job and can now support his family. His meditation is working for him.

(11) Someone mentioned in a letter that her sensitivity to soul connections is starting to open up. When she talked to me on the phone an awareness of knowing me before was very strong. This is also a result of meditation. We get beyond our mind chatter about our daily routines and tune into how we are connected to each other. Many of us were probably in monasteries together in past lifetimes. I know that everyone I work and play with I have met and interacted with before.

(12) We are connected to each other on so many levels. When we start to do KY, we become aware of these connections. Many of them are non-verbal. It is exhilarating to experience these feelings and awarenesses. Healing is taking place. And many things are being communicated at the soul level. The more we allow these experiences into our consciousness, the richer and more fulfilling our lives become.

(13) Be present to and get into what you are experiencing. The vastness and the richness are gifts from the universe. Bring them into your body and they will be yours for this precious moment on Planet Earth.

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Lesson 11

Addictions

Food, diet, weight loss, eating disorders, and other addictive substances and behaviors- whatever our specific issue, everyday we are all confronted with what to put in our mouths and how the decisions we make affect our well-being. My approach is to use our addictive tendencies as a path to empowerment. In the process we can claim "the gifts from the garbage."

3rd Chakra: Yoga and making and breaking Habits

The ability to make and break habits is associated with the navel center or third chakra. When our navel center is strong we have the will to make decisions and to keep them. There are many navel exercises and sets. Many of these can be found in my manual **Transitions to a Heart-Centered World**. Breath of fire is a great navel breath as is 4 part energizing breath. You will find the instructions for the 4-part breath on the Yoga Technology website - http://www.yogatech.com/cgi-bin/start.cgi/kymeditation.html Do this 3-5 minute exercise 3 or more times a day, especially at moments when you are being pulled to a compulsive, addictive behavior. (Remember the navel center is 2-3 inches below the navel.)

Many addictions, especially smoking, drugs and alcohol are related to the fire element. Navel breathing, especially breath of fire and 4 part breath, give us the fire energy we crave. As the energy we create begins to satisfy us, we are released from the hold of the addiction.

A strong navel center is a requirement for being able to commit and keep your commitments to yourself. Daily practice to strengthen the navel center is the first commitment we need to make to ourselves.

2nd and 3rd Chakras: Digestion and Power Center

There are MANY things going on in our body that we can connect with if we tune into and are present to our energy. The second chakra, which is located in the abdominal area, is where much of our additive and "food" issues reside. The abdominal area is our power center. Women especially learn to hold in their stomachs. The result is a constant tension and continual blocking of our internal source of power. This is the area where our digestion and elimination is regulated. When we create stress by holding in our stomachs and have a negative attitude toward this part of our body, we interfere with our normal biological functioning.

When the belly is relaxed, digestion and elimination can occur in a natural and peaceful matter. Imagine you were a large or small intestine and that you had to carry out your job under the adverse circumstances that we create by holding in our bellies, blocking the energy flow and cutting off the breath. You wouldn't get the job done properly, so matter how hard you tried.

EXERCISE--One way to cultivate a relaxed abdominal area is to practice long deep abdominal breathing. Lie on your back, place your hands on your belly, let your inhale push your hands up and exhale relax the hands back down. Many women in classes I have taught have

experienced dramatic increases of energy with this simple breathing exercise.

Our goal is to befriend our bellies and to consciously allow our energy to flow. Overtime our peaceful relationship with our energy and our body will supercede any programming of how our bodies should look. As we make friends with our bodies, HOW OUR BODIES FEEL BECOMES OUR COMMANDING TOUCHSTONE.

Security is our Greatest Asset

SELF-LOVE on an energetic level is our goal. For self-love to be real, we have to enjoy being in our bodies. This is of course a process that takes time. We have to be willing to feel uncomfortable and to experience our emotions. If we are willing, we will over time experience inner power and peace.

Yogi Bhajan taught us years ago that "A woman's greatest security is herself." This summer he reminded us again that a woman's greatest asset is her own security. And in fact, a woman can not really function as woman, i.e. use all her innate gifts, until she feels secure within herself. Can you feel the power of those statements? Just writing those words again makes me sit up straighter and breathe deeper. I think the same is true for men. For both men and women, it is our inner connection that is our source of true power.

Maybe the core issue is not food or addictions. Maybe the core issue is our own security, our own self-love, and our dedicated commitment to living our own lives.

EXERCISE--The practice of long deep abdominal breathing as described above can be used to cultivate a feeling of security in your body and love of your physical form. Allow yourself to experience that the energy you bring in with the breath is feeding your body (because it is). This can produce a very satisfying feeling that replaces the addictive cravings. Another variation is to initiate the breath at the navel center. The focus on the navel center will help you consciously create the flame and the fire in your "lower furnace". The fire energetically builds your will power on a very organic level.

Feel Good

My most powerful driving force is to feel good. Almost everything I do is in one way or another related to the fact that I want to feel good all the time. This does not mean that I do, but it does mean that I do the best I can to cultivate a state of well being. Admittedly, it is a continual, lifetime task. I must be vigilant at all times. But feeling good is so important to me that it is worth all the time and effort. I do yoga everyday to feel good. And what I eat is mostly (not all) determined by how I will feel after I eat.

I remember several years ago I attended a class with about 40 women on habits, diet and eating. The teacher asked us, "Who considers how they will feel 3 hours later before they eat?" Only 3 women raised their hands. Wow.I was shocked. These were all spiritually committed women. So don't feel bad if you wouldn't have raised your hand. But do consider that making it a priority to feel good is something to consider. It could change your life and be a key to dealing with eating disorders and weight.

Actually, I believe that everyone is driven by the desire to feel good. We just need to make this desire conscious and learn habits and behaviors that make total well-being possible.

1st Chakra: Identifying Needs and getting them Met

Finding solutions to all our human challenges is actually a question of identifying our needs and figuring out how to get them met. Security and satisfying needs are first chakra issues. Some of some our basic needs that relate to food and addictions include the following-

- To feel secure
- To feel a sense of well being
- To feel nurtured
- To be nourished

Please add to the list.

I operate from the premise that we all have needs and that our lives are organized around how to get them met. We may sabotage ourselves by doing things that don't really get our needs met or are harmful. But we are still internally driven to attempt to satisfy our basic needs. In fact, I believe that eating disorders, drug, alcohol and tobacco addictions are unsuccessful attempts to get our needs met.

In dealing with any challenge, the first step is to identify the need. The second step is to embrace it, NOT deny it or try to suppress it. The third step is to figure how we can satisfy these needs, without hurting ourselves, but instead by promoting our health and happiness.

Substitutes -vs- Deprivation

Food is often used an inadequate substitute for the above and other needs. Something is missing in our lives so we try to placate our craving with food.

The problem with bad food is that none of our needs are satisfied including the one for food. In fact we just crave more food. This is a serious problem even for those of us who try to eat a healthy diet.

Ingesting "food" that does not have its natural, complete vitamin-mineral content not only does not satisfy our bodies, it also creates cravings. This is because the body needs the complete vitamin-mineral structure to properly digest its food. If something is missing, the body will try to find it by depleting the rest of the body of those particular vitamins or minerals and by sending out "hunger" signals demanding what it needs.

The problem today is that most of our foods are severely deficient in vitamin-mineral content. Genetically engineered foods are even worse because the natural crystalline structures of plants are simplified. As a result the cells cannot absorb what is left of the nutrients from the food.

This is the same for the water we drink. Pollution, purification, chemical additives and processing of water has debilitated our water to the extent that it cannot be fully absorbed by our cells. We are born with 98% water content in our bodies. Our cells are dehydrated down to about 75% by the time we are 40 or 50. And no matter how much water we drink, if it does not come from the few vital sources left on the Planet, our body's thirst for water is not totally quenched.

Now all this is rather depressing except for the fact that we do have some very effective vitamin and mineral supplements available to us that can satisfy our bodies. And recently there have been some major discoveries that help us revitalize the water we drink.

In addition, there is a lot that we can do immediately by choosing healthier foods. We can eliminate processed sugar, processed foods, fried foods, red meat and caffeine from our diet. The trick is substitution. Depravation does not work.

Sugar

Our bodies need natural sugar and foods of the Earth element. Fruits contain natural sugar. And there are many "health food junk foods" that are sweetened with honey and natural sugar from fruit. Although these are not as nutritious as a piece of fruit or carrot juice, they are not harmful like refined sugar and flour. I say minimize the damage and do your best to keep your body at peace without ingesting the known addictive foods-refined sugar being on the top of the list.

Refined sugar is addictive because of what I explained above. The natural nutrients have been extracted and the body craves more in an attempt to get the minerals and vitamins it needs to carry out its digestive and eliminative functions. Caffeine from coffee, coke, chocolate also dehydrates the body.

Since sugar is addictive, any amount of it generally provokes the craving and reestablishes the addiction. This is why it is recommended to eliminate it completely. If you have the guts to do this, I suggest having a good supply of substitutes on hand. Remember the need must be satisfied. Deprivation does not work. As the body gets accustomed to more complete foods, the sugar craving will subside. The need for natural sugars will remain because the body needs some of this food. Over time (and it may be a while) more natural sugars will be the only ones that satisfy you.

When I was young my mother made the most outrageous refined sugar-flour based desserts imaginable. It took me several years to eliminate my desire for refined sugar. The dessert habit, however, is still in my genes. Now I am satisfied with a couple of bites of Golden Temple Ginger Snap Granola.

To help break my refined sugar addition, I ate millet almost everyday for several years. Millet is one of the few grains that is an Earth food. All sugars are Earth foods. By eating millet, my body was able to have its need for Earth foods satisfied. I eat millet once in a while now. Amazingly I still like it.

I am not saying it was easy. But I am sharing that it was possible and it was worth it. I feel so much better without refined sugar. And as I said, feeling good is a priority for me.

Collective Addictions

Addictions support each other. A stop smoking course recommended giving up coffee, teas with caffeine and alcohol at the same time. Each one increased the craving for the others. They recommended substituting vitamin C, dried and fresh fruit. The vitamin C helps replace the nutrients lost and rebuild the substance in the body that is replaced by nicotine.

When to Start

The best day to begin any regime or Sadhana to break or make new habits is the New Moon. I have personally experienced that it is much easier to keep up and actually succeed when I start a fast on the New Moon. Yogically, forty days is the amount of time it takes to break a habit.

Oils

Somehow because of the cholesterol scare, we have gotten the message that oil is bad. Refined, fried oils are not easily digested by the body. Natural oils are needed by the body for optimum functioning. Olive or almond oil (not canola) in your salad dressing or added to your grains after they are cooked can satisfy these needs.

It is very important that women do not eliminate oil from their diets. No oil speeds up the aging process and makes menopause more difficult.

The Box Technique

Someone shared with me the idea that I now call the box technique. This is one way to deal with the psychology of what we eat and don't eat. We all actually use this technique all the time. There are things that we do not do and do not eat. We have them classified in a box. We do not eat food out of a trash bin. We don't eat rotten food. We wouldn't even think about it. We can choose to expand our box and put other foods in that box. This works if we keep the item in the box. And it circumvents a lot of mental anguish of trying to decide "to eat or not to eat." Over time the sides of the box will grow stronger and we won't even question our initial decision.

When I was young, I often ate much more than I needed. I was of course uncomfortable after I stuffed myself. I worried about getting fat, which did not happen, but I did waste a lot of mental energy and made myself uptight. One day, after college, I decided that I did not want to live like that. I made the decision to eat only until I was full and then I would stop. It took me about 2 months to get into the habit and integrate the strategy into my psyche. I am so much more comfortable mentally and physically that to do any differently is not even an option. I have gotten better over the years too. I look at my food, appreciate what I am eating while I am eating, even try to chew more. It all helps.

We have built in survival strategies. The trick is to discover your own version and use them to your advantage. As Yogi Bhajan taught us, the Universe is set up for us to win. Life on Planet Earth is to discover how to win our own game of life. We were all born with the innate wisdom to succeed and be happy.

Divine Addicts

Maybe weight and food problems are not really about food and weight. Maybe the issue is self-love. Maybe we should start out by loving our bodies as they are. After all everyone is different and therefore special. Maybe addictions are about taking back our power from those forces and "authorities" who we have let manipulate us. Maybe every issue we face is a spiritual issue between me and myself and me and the Divine.

My hypothesis is that we all have addictive personalities. We just have different addictions. Actually the addictive power is a spiritual necessity and gift. I believe we were given this quality to be able to hold on to our experience of God.

I propose getting high on Kundalini Yoga and using this addictive power to hold on to the experience. This sounds easy, but this reorientation is a challenge too. Holding on to the feeling can be as challenging as breaking an addiction. What we are doing is breaking an old habit and creating a new one. We are training our mind to reorient our focus. We are reversing an energy pattern that has been in place for a long time. We are challenging an old belief system and creating a new one. The trick is to patiently train yourself and to keep up until you are addicted to God.

You can cultivate an addiction to God with any Kundalini yoga set, breathing exercise or meditation. The important point is to do something to change your energy and then to focus on the feeling and satisfaction that you have created. Have fun feeling good and please share your results with us.

Many blessings and Sat Nam,

Gururattan Kaur Khalsa, Ph.D.

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Lesson 12

Our Inner Journey - Tuning In

THE ELEMENTS AND ENERGY

One of the goals of yoga is to balance the five tattvas. The tattvas are the elements that make up our human existence and indeed all life - AIR, WATER, FIRE, EARTH AND ETHER.

The elements are related to the chakras. Each chakra embodies the energy of one or more elements.

The astrological signs each embody the energy of one of the elements. When we work with the energies that are available at any specific time, it is easier to tune into, align with and tap the energy of that element.

CULTIVATING CONSCIOUSNESS

The practice of Kundalini yoga will automatically facilitate our alignment. However, the actual performance of the exercises or asanas is only half of our practice. The other half is the development of our awareness. We must practice focusing our mind on what we are feeling, thinking and experiencing in order to cultivate a deeper experience of reality and ourselves. It is through our mental focus that we develop our sensitivities to energies. It is through our attention that are able to participate in the process of our own alignment, healing and relaxation. It is by listening that we hear the voice of our soul, our intuition and receive the answers to our prayers.

I practiced Hatha and then Kundalini yoga for many years before I realized that I must sit still and be with what was going on with my thoughts, body, and emotions in order to make conscious shifts especially in my mental and emotional states. The Buddhists call this attention mindfulness. The experience of being with our fears and resistance in our bodies is not comfortable. We have trained ourselves to avoid feeling uncomfortable at all costs. Unfortunately the price we pay is very high. We lose our power to what remains unconscious.

We often think that we just have to do more yoga or more chanting and all our disfunctions will all go away. Our issues do not simply all disappear. Some do. And that is wonderful. But many require our conscious awareness, and choice, in order to be changed and transmuted. Kundalini yoga and meditation bring our issues into the light so we can choose to release them and move on.

Beyond releasing negative patterns, resistances and thoughts, there are infinite possibilities of consciousness. The more we cultivate our awareness, the more we experience and the richer our lives become.

THE INNER JOURNEY

I am integrating the knowledge of astrology with the Kundalini Yoga Training because it gives us guidelines on how to focus our awareness and expand our consciousness.

For those of you who do not have teachers and classes in your area, the guidelines on how to tune into energies will be especially valuable. Remember many yogis in the past went to a teacher to receive one meditation and then went away by themselves for up to 12 years to practice and perfect it before returning to the teacher. The spiritual journey is an inner journey. All the techniques are to coax us to go within and find the universe within ourselves.

In the last two New Millennium Being Newsletters, I have set out guidelines for tuning into Taurus and Earth energy. I have also given a meditation by Yogi Bhajan to practice during this time. The Har Har Gobinde meditation is actually a warrior meditation that was used to prepare soldiers for battle. Below I am including the Tune in to Taurus and the Meditation again. After practicing it for 11 minutes, simply sit or lie quietly and tune into and feel the energy as it pulses through your body. Listen within. And enjoy the moment.

Life is rich, elegant and beautiful. May you be blessed to enjoy every moment of it.

Sat Nam,
Gururattan Kaur

TUNING INTO TAURUS

The energy of each sign lives within each of us and awaits (or demands) activation and alignment. During the month of May, when the frequency of Taurus is so abundantly available, we are both obliged to learn Taurus lessons and blessed to receive her gifts. Tuning into the energy of the Taurus is the best way to take full advantage of the opportunities available at this time.

How do we tune into Taurus energy? It is going to be hard not to this year. It is so all-pervasive. Taurus makes us slow down. Stopping is a great start! Taurus energy also grounds us and helps us be very present in our bodies and aware of the sensations in our bodies. Slowing down, being present and feeling the sensations in our bodies will help us further refine our sensitivities to Taurus energy. By anchoring our awareness in the strong, steady and sensuous Taurus energy, we synergize with it. The more we can make this a meditation and a non-verbal experience, the more we will get to know Taurus within ourselves.

To help tune into Taurus energy we simply be present to the effects of gravity on our body. We can also recall some of the main attributes of the Bull, which include stable, loyal, patient, sensual, indulgent, stubborn, resistant, immovable, lazy, slow and attuned to the natural world. Our goal is to allow ourselves to experience these energies and then to work with them and allow them to nurture, sustain and teach us. The above attributes are all expressions of the same primal Earth and desire energies that bring substance to our existence.

EARTH ENERGY

Taurus is the Earth element, so during your meditation be sure to bring your attention to your root chakra. You may even feel the energetic roots from your first chakra connecting to the Earth. We want to establish an experience of rootedness and a secure foundation in our body. This is accomplished by simply being present TO the sensations in our body.

The use of symbols can be useful--like relating to yourself as a tree or rock-- stable, solid, immovable. I like meditating with a heart-shaped rock I found on the beach near my feet. If

these props actually facilitate tuning into the solid, peaceful, totally accepting nature of the Earth energy, they can be very useful. Visualizations that keep our attention in the mind and out of our bodies are distractions. Of course, meditating or walking in nature is the best.

DESIRE ENERGY

Taurus is also desire energy. To tap it and make the best use of it, we have to experience it in its most primal form before it becomes an emotion or a commotional story. Meditating on yourself as a flower can help stimulate a feeling of self-love. Taurus teaches us that one of the highest forms of healing is available through self-love.

In its purest form, desire energy translates into charisma and magnetism. To cultivate desire energy we again have to focus on the sensations in our bodies and practice loving what we are feeling. This helps us contain our energy, which makes us a magnet. Being present to the peaceful Earth energy and indulging in how wonderful it feels to be at peace in our bodies is a great way to cultivate presence and power.

TUNING IN

Uranus and Aquarius specialize in surprises and serendipity. Although fortuitous events may appear as good luck and misfortunes may seem like bad luck, there are no simple coincidences in the universe. Every event, every person and every breath are connected in the cosmic web. The connections are usually invisible to our untrained eye and escape our attention because we live behind the cosmic veil and are unconscious of how the universe works and even how we ourselves impact everything with our actions and thoughts.

Earthy Taurus energy gives a chance to slow down and be silent so we can intuitively tune into the intricate and awesome interconnections that link us with universal energies.

When we slow down, we can get in touch with our true values and what we really want. Like the Bull, we can chew and digest life. And then we can simply be present and enjoy it.

MEDITATION FOR PROSPERITY AND SUCCESS

The New Moon always begins a new annual cycle in one of the twelve signs. Joined by the Sun and this year Mercury, Venus, Mars, Jupiter and Saturn, we definitely have a chance to initiate a new cycle in relationship to Taurus energy, issues and opportunities. The New Moon is the best time to start a project or spiritual practice. Yogi Bhajan has given the following meditation to do during this period of time-while the Planets are in Taurus, to be able to deal with the intensity of the energy and the challenges during the shift to the new millennium and the Aquarian Age, and to be successful.

This meditation has 40 sounds. It effects the 5 tattvas (air, water, fire, earth, and ether), the 7 chakras and the arch line. This mantra can penetrate into anything and help avoid misfortune. It has the power to break through any resistance or obstacles. It is sacred but it is not secret.

HAR, HAR, HAR, HAR - repeat before each of the following mantras
Pump the navel center (below the navel) with each Har. Use the tip of the tongue. Chant in a monotone, enunciating clearly each syllable or chant to a tape.

GOBINDE - Go bin day--Sustainer

MUKUNDE - Mu kun day--Liberator

UDARE - Oo dar ay--Enlightener

APARE - A par ay--Infinite

HARING - Har e ung--Destroyer

KARING - Kar e ung--Creator

NIRNAME - Nir na may--Nameless

AKAME - A ka may--Desireless

Choose one of the following mudras (hand positions) and do for 40 or 90 days for 11 minutes.

Thumb touching Jupiter finger (index) - to remove all obstacles

Thumb touching Saturn finger (middle) - for inner purity

Thumb touching Sun finger (ring) - for health, prosperity and friendship
All the resources that you need will come to you.

Thumb touching Mercury finger (little) - for clear communication

A great version of this mantra can be obtained from Yoga Technology - contained in the **Blissful Spirit CD** by Gurunam

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Lesson 13

Befriending Your Body

Experiencing unity and wholeness requires the mastery of the five elements or tattvas - earth, water, fire, air and ether. Kundalini yoga is a science designed to achieve this alignment. Each astrological sign embodies the energy of one of the first 4 elements. The energy of the element is abundantly available when the Sun is in a particular element. When the Sun is joined by other planets in that element, it is even more abundantly available. This is the time to tune into and take advantage of these universal powers.

Taurus embodies the earth element. The Sun will be in Taurus through May 19th. Venus is in Taurus until May 29th, Jupiter through the month of June and Saturn through the month of July. This is an ideal time to work with the earth element and our physical body.

AN INTIMATE RELATIONSHIP WITH YOUR BODY

To achieve peace, we must be at peace in our body. To be at peace in our body, we must develop an intimate relationship with our body. An intimate relationship is based on a two-way communication. How do we develop this relationship with our body? First, we must care for and love our body. Second, we must listen to and pay attention to what our body is communicating to us.

We can begin by noticing what type of relationship we currently have with our body. How do we feed it? With nourishing food and drink? Do we chew our food so that it can easily digest the nourishment? How do we dress it and care for it? Is our body more than a means of transportation for our thoughts or a way to display our presence?

The main thing to keep in mind is that the body, being the physical element, vibrates at the slowest frequency. The mind vibrates at a much faster frequency than the body. Therefore, the mind has to slow down to effectively communicate with the body. One of the best ways to slow the mind down is to slow down the breath. The mind follows the breath. The breath creates a link between the body and the mind. The body also responds to the breath because it can be felt in the body.

THE BODY'S LANGUAGE

The body is definitely impacted by our thoughts, but verbal communication is not the body's language. The body's language is ATTENTION AND FEELINGS. The body responds best when we pay attention to what we are feeling and to our physical sensations. When we do so, we are communicating directly with the body in a way that it understands. The body can respond back with
sensations and feelings. In sum, we communicate with the body NONVERBALLY.

This is an art that we must develop. We can train ourselves to bring our attention to and stay with the sensations in our body. The guidelines are actually quite simple. If we are thinking and have thoughts, we are in our minds. If we are feeling sensations and have no words, we are in our body.

The body responds to TOUCH, MOVEMENT and RHYTHM. The body needs to be touched. The body needs to move. And the body needs to function at its own unique rhythm.

ATTENTION AND KUNDALINI YOGA

The practice of Kundalini yoga gives us a perfect opportunity to develop a loving relationship with our bodies. While we do the exercises we pay attention to the effect that each exercise is having on the body. Our goal is to activate various parts of the body. We are creating alignment and stimulating an optimal functioning. We are not punishing, jerking around or beating up our body. We want to stretch and strengthen, not strain or hurt.

Our bodies know the difference. If we simply pay attention, we will sense the difference and be alerted to how far to go and when to stop. One rule of thumb I use is "Is this going to hurt when I am done?" There is a fine, but clear, line between keeping up during a challenging exercise and injuring yourself. The more we pay attention to our bodies, the easier it is to identify that line.

Between exercises, we pay attention to the effects by feeling the energy and the sensations in our bodies. We often overlook this aspect of our training. Yet it is during the relaxation when we are consciously "doing nothing" that we can actually listen to our body. This is the optimal time to stay present and let our bodies communicate with us. They have much to share if we would just stop long enough to pay attention, be patient enough to learn their language and be humble enough to give value to the messages.

ENJOYING BEING IN THE BODY

Our ultimate goal is to enjoy being in our body. It doesn't happen over night. It is a gradual process. Our first experiences are often uncomfortable. Discomfort is the main reason we stay in our minds and avoid a relationship with our body. Emotions are stored in the body. We get in touch with unresolved emotional traumas when we are present to the feelings in our body. The good news is that the emotions speak to us. As we listen to what our body and emotions are trying to tell us, we learn a lot about ourselves and resolve a lot of previously undefined

malaise. Being present to the sensations in our body is how we consciously deal with the energy of our emotions and our desire nature as human beings. Overtime the emotional energy becomes a means of communicating in the moment and a method to receive the messages from our soul.

Our body is like our child or a pet. It needs to be loved. We love it by paying attention to it and listening to it. It feels abandoned and abused when we are in our minds. It feels loved when we feel it and touch it. Many people have the powerful experience that they no longer feel abandoned and lonely when they start being lovingly present in their body. They realize that they had abandoned themselves and now know how to end the anguish of separation.

THE INSTRUMENT OF YOUR SOUL

The body is an instrument of our soul. We fine-tune it with Kundalini yoga. Yogi Bhajan calls Kundalini yoga the yoga of awareness. We start with the body. Our touchstone is that we can expand our awareness as far as we want to as long as we stay in our body. We can hold the universe in our bodies. The tendency, of course, is to leave our body. I invite you to train yourself to stay present in your body no matter what. This is a challenge.

But the payoffs are great. You will not feel abandoned or abused. You will learn to love yourself. You will be able to heal yourself. You will be able to manifest. You will develop a powerful presence and charisma. You will know what to do because you will be able to listen to your soul. You will love being alive at every moment. Your body will become your best friend.

We have until May 20th when the Sun goes into Gemini, the air element, to work with the earth element. The more present you are to your body, the easier it will be to learn the lessons and claim the gifts of Gemini.

GUIDELINES

Here are a few guidelines to use to practice being in your body. Add to the list as your experiences enrich your awareness.

1. Feel your breath in your body.
2. Slow your breath down until your body relaxes.
3. Practice communicating non-verbally with your body. Be aware of what the body responds to.
4. Listen to the sensations in your body as ways that it is communicating with you.
5. When a sensation feels good, keep your awareness there and enjoy it.
6. When a sensation feels uncomfortable, keep your awareness there and allow it to express itself.
7. Allow without judgment or interpretation all sensations in your body.
8. Treat your body as your best friend.

Enjoy!

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Lesson 14

Prosperity

The Path of Manifestation

Spiritual practices have traditionally focused on raising energy from lower to higher frequencies and from the lower to the higher chakras. Many spiritual disciplines concentrate only on the upper chakras and totally ignore (or try to ignore) the lower chakras. Some spiritual paths still condemn the body and the lower chakras, which they consider as bad. I knew one woman who would practice only third eye meditations. She even refused to do yoga or any practice that got her in touch with her body. She also lost her husband (He lost interest in her.)

Many spiritual paths today at least give lip service to using their techniques to help us deal with the challenges of our stressful technological world. However, the fundamental basis of the teachings often remains the same-renunciation and escapism from material reality. It is not surprising then that devoted practice produces the same results as it did when the goal of spirituality was to renounce the physical body and worldly pursuits. In fact, if we start losing interest in this world and our participation in it, the technology is working.

I personally found this out over twenty years ago when I first started practicing Kundalini Yoga and meditation for six to seven hours everyday. I was definitely succeeding in raising my energy. The problem was that I was so ungrounded and out of my body that people had to look up to the ceiling to talk to me. I couldn't figure out why I just wanted to hide. The basic problem was that my personal practice was incomplete. I was raising my energy, but I was not bringing it back down.

I used to do all the prosperity meditations that Yogi Bhajan taught, with no results in my personal life. During one meeting with Yogi Bhajan over 15 years ago, he thanked me personally for all the wealth that I had brought to the 3HO organization. At the time I could barely support myself. This was a wake up call for me. I knew I had to figure out how to bring prosperity to myself as well. The answer is not a quick-do-this-meditation-for-forty-days fix. I am still discovering that the answer is simple and complex at the same time.

The simple answer is that in order to manifest we have to be present in your bodies and connected to the Earth. We have to BE HERE NOW. To attract and receive, we have to be home when the postman arrives. It takes careful, vigilant practice to cultivate an awareness of Self. We have to train ourselves to be present to the feelings and sensations in our bodies. We have to learn to be comfortable being uncomfortable with what we feel. We have to process the mental stories that come up, so our emotions become pure expressions of our soul instead of mental trauma dramas. We have to cultivate a strong navel center so we can take effective and timely action. We have to cultivate a powerful base chakra so we have the ability to stay present. We have to be comfortable and free in our second chakra so we can simultaneously contain (consciously hold) and expand our creative energy.

THE ASCENT

Many yogic practices focus on the ascent of energy. In **Lesson #8** we covered the Locks or the Bhandas which help facilitate raising our energy up our spine. The ascent is an important part of every spiritual path. Learning the Bhandas also helps us contain, focus and monitor our internal energy. Actually all yogic and meditation practices raise our vibrational frequency. The question is what do we do with the energy. If we are not conscious of our bodies and the

energy in our bodies, the energy will dissipate. We feel good for a while, but soon afterwards we need another session to revitalize ourselves again. We contribute good energy to the world and share good vibes, but we are unable to manifest for ourselves unless we can remain conscious of our own presence.

Mastering the ascent is a necessary first step, but not the whole story. The goal of the ascent is to experience universal oneness. When the crown chakra is open our perspective on life changes. While we are experiencing life as a human being, we need to bring the universal perspective back into our daily lives. Alone the "up and out of the body" approach to spirituality incorporates implications which actually limit our spiritual development and certainly our ability to lead productive and prosperous lives.

THE PATH OF LIBERATION

The human spiritual journey involves both raising our energy to higher frequencies and integrating this higher vibration into our bodies, perceptions, thoughts and daily activities. The ascent up the chakras is the path of enlightenment. The decent from the crown chakra down to the base of the spine is the path of manifestation. Together the ascent and the descent comprise the path of liberation.

Practically translated, in our quest to be liberated, accepting and honoring our humanness is as important as merging in Divine consciousness. The descent requires that we care for our bodies, embrace our feelings, earn a right livelihood, learn to live by natural laws and be at one with Mother Nature.

Many of us were former (past life times) sadus, yogis, saints, priests and nuns who have mastered the ascent. This lifetime we are trying to figure out how to master the descent. We are living in the material world in order to become masters of it. We have to learn how to support ourselves with our own creativity. We have to learn now to gracefully and meaningfully interact in relationships. We have to learn to honor our humanness.

To do so we must honor our bodies and activate the highest expression of our first three chakras. We have to learn to be comfortable in the world, in our bodies and with each other. We have to bring Heaven to Earth. We have to master the spiritualization of matter, starting with ourselves.

THE ASCENT AND THE DESCENT

The ascent helps us discover our identity as a divine Soul and experience the Light of Universal Truth. Once we are conscious of reality beyond duality, we can use this awareness to clean up our act, to release destructive behaviors and to replace sabotaging beliefs and thoughts with universal wisdom. The descent is the cleansing process--obviously not the most popular phase of our spiritual development! However, dealing with our dark (underdeveloped) side is the only way to become self-empowered and liberated. The ascent is supposed to give us the experience of our soul identity, so we don't take our wounds so seriously. A soul perspective greatly facilitates the release of survival programming and neurotic baggage.

The descent unleashes our ability to manifest from our higher self. The activation of the first chakra creates an energetic foundation that connects us to our bodies, the Earth, and physical sensations. A balanced first chakra gives us a sense of belonging and security in the physical plane and makes it possible for us to receive and manifest. Grounded in our first chakra, we are able to use our special gifts to support ourselves and to make our unique contribution to the world. The alignment of the second chakra allows us to tap our personal creativity. An activated third chakra gives us the stamina, motivation and commitment to take appropriate action.

The complete path of liberation requires us to live in this world as householders, to have relationships, to gainfully support ourselves, to honor Mother Earth and to participate in the creation of a sustainable world. To do the above we have to be grounded in our bodies and connected to physical and material reality. When we practice both the ascent and the descent, we can enjoy our bodies, stay present in the moment and enjoy life on Planet Earth. And as Yogi Bhajan points out, the path of Kundalini yoga is one of the few paths that does not require celibacy.

GROUNDING

The majority of the Kundalini yoga kriyas taught by Yogi Bhajan in the1970's involved clearing and strengthening the first three chakras. A major theme of my first Kundalini Yoga manual, based on Yogi Bhajan's teachings, **Transitions to a Heart-Centered World**, is how to create the foundation in the lower triangle so that we can open our hearts and keep them open. Yogi Bhajan teaches that it is impossible to stay in the heart without being in the lower 3 chakras.

Grounding is a question of both attention and technique. It is important to practice asanas that activate and balance the lower 3 chakras. However, as I learned in my own practice, simply doing the exercises is not enough. One must be mindful of the sensations in one's body. Training the mind to be present to the breath and movement of energy in one's body is of equal importance.

The exercises below are for the first three chakras. After doing each exercise, spend an equal amount of time simply training your mind to be present to the area or point of each chakra, both in the front of your body and along your spine. Allow yourself to experience what is happening without any judgment or intention of making something happen. There is much to discover if you gently let yourself BE HERE NOW. And there is much to gain if you are home to receive what is yours.

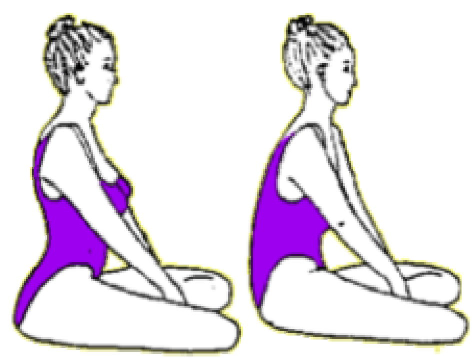
EXERCISES

FIRST- ROOT CHAKRA

Root lock-lightly tighten the muscles at the anus and the perineum and then release. **See lesson on the locks. (#8)**

Spinal Flexes

Sit in easy pose with the hands holding the ankles. Lightly pull on the hands as you inhale pressing the spine forward and exhale as you release the spine backward. The head does not move. Concentrate on massaging the base of the spine to the ground.



SECOND- SEX CHAKRA



Spinal Rotations

Hands on the knees in easy pose, rotate the lower body, moving from the navel point. Gradually allow the whole abdominal area to relax and release. Stay conscious of the breath as it helps create the movement.

THIRD- NAVEL CHAKRA

Leg lifts - hands under the hips, first raise the right leg up to 90° on the inhale and release it down on the exhale. One minute with the right leg and one minute with the left leg. Relax. Then raise both legs together. Inhale up. Exhale down.



Breath of Fire- Sitting in easy pose or any other comfortable position.

GOLD AND WHITE LIGHT

Experiment with feeling the presence of both white and gold light. They have very different effects. Then write to the list and let us know what the difference is. This is fun. I wouldn't want to take away your experience. This could be one of the most important piece of information you receive.

SPIRITUAL WARRIOR MEDITATION FOR PROSPERITY

Yogi Bhajan has given us the following meditation for prosperity in the New Millennium, and to help in dealing with the intensity of the energy, and the challenges posed to us during the transition to the Aquarian Age.

I explained this meditation in the **New Millennium Being** Newsletter in May. Here it is again. Make sure you pump your navel point to stay in your body. The goal is to imprint the vibration of the mantra into your physical body and aura. Do this meditation for 11 minutes everyday for a whole year and let us know what happens.

You can chant this mantra in a monotone or you can chant it to music. There are several musical versions available from Yoga Technology.
Blissful Spirit - Gurunam
Har Har Har Har Gobinday - Spirit Voyage Mantra Series

I prefer chanting to a CD because it is very energizing.

This meditation has 40 sounds. It effects the 5 tattvas (air, water, fire, earth, and ether), the 7 chakras and the arch line. This mantra can penetrate into anything and help avoid misfortune. It has the power to break through any resistance or obstacles. It is sacred but it is not secret. If you chant this mantra you can be successful during these challenging times.

Sit in either Easy or Lotus Pose, whichever you find the most comfortable.

HAR, HAR, HAR, HAR - repeat before each of the following mantras. Pump the navel center (below the navel) with each **Har**. Use the tip of the tongue. Chant in a monotone, enunciating clearly each syllable or chant to a tape.

GOBINDE - Go bin day--Sustainer

MUKUNDE - Mu kun day--Liberator

UDARE - Oo dar ay--Enlightener

APARE - A par ay--Infinite

HARING - Har e ung--Destroyer

KARING - Kar e ung--Creator

NIRNAME - Nir na may--Nameless

AKAME - A ka may--Desireless

Choose one mudra and do for 40 or 90 days for 11 minutes (**See Mudra page**):

- **Thumb** touching Jupiter finger(index)- to remove all obstacles
- **Thumb** touching Saturn finger (middle)- for inner purity
- **Thumb** touching Sun finger (ring)-for health, prosperity and friendship. All the resources that you need will come to you.
- **Thumb** touching Mercury finger (little)- for clear communication

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Lesson 15

Kirtin Kriya:

Sa Ta Na Ma Meditation for Evolutionary Change

We all say we want to change. Well at least we want things to be different in our lives. We want to be happier and at peace within ourselves. We want more satisfying relationships. We want to be healthier. We want more meaningful work and to be more prosperous. We want to break destructive habits and stop indulging in certain addictive behaviors. The question is how can we effect these changes in our lives.

Yoga recognizes that if we want to make changes in our lives, we have to change ourselves. Yoga operates from the principle that our inner reality creates our outer reality. We have to alter our vibrational frequency so that we attract at a different level. Our frequency has to match what we want to manifest. And equally important, we have to clear our subconscious programming so it does not sabotage our conscious intent. For in fact, it is the programming in our subconscious mind that creates our reality.

TRANSFORMATIONAL MANTRAS

Mantras are powerful tools for clearing and restructuring the subconscious mind. SAT NAM and its derivative SA TA NA MA are the two basic mantras taught by Yogi Bhajan to reorient the mind and thus open us up to the possibility of transformational change.

SAT NAM seeds the truth in our consciousness by waking us up to our divine identity. SAT NAM is the seed or bij mantra.

SA TA NA MA incorporates the nuclear sounds of SAT NAM. SA TA NA MA uses the primal sounds to connect us to the evolutionary nature of existence itself. It is referred to as the panch shabd, which means a mantra with five sound currents. The fifth sound is "A." When we chant SA TA NA MA we imprint the evolutionary code of the universe into our human psyche.

SA is the beginning, infinity, the totality of everything that ever was, is or will be.

TA is life, existence and creativity that manifests from infinity.

NA is death, change and the transformation of consciousness.

MA is rebirth, regeneration and resurrection which allows us to consciously experience the joy of the infinite.

SA TA NA MA is so primal that its impact on our psyche is like splitting an atom. The power of his mantra comes from the fact that it rearranges the subconscious mind at the most elementary level. It has the power to break habits and addictions because it accesses the level of the mind where habits are created.

Yogi Bhajan says that "Behavior patterns are the result of the radiance of the psyche and frequency of the magnetic field in relationship to the universal psyche and magnetic force." (*1)

The radiance of the psyche is dependent upon the active functioning of both the pituitary and pineal glands. The pituitary gland regulates the entire glandular system. The secretion of the pineal gland creates a pulsating radiance that activates the pituitary gland. The mind goes out of balance when the pineal gland is dormant. The imbalance makes it seem impossible to break mental and physical addictions. The mantra SA TA NA MA to a powerful tool to recreate balance in the mind.

KIRTIN KRIYA: SA TA NA MA MEDITATION

Kirtin Kriya, often referred to as SA TA NA MA meditation, is the most important meditation in Kundalini Yoga. It was one of the first meditations taught by Yogi Bhajan and remains today as a foundation meditation recommended for every student of Kundalini yoga. Yogi Bhajan says that if you can do only one meditation, this is it. It does everything for you in the order that you need. It is your teacher. And as you practice it, you will come to realize that it is your best friend. Whatever you need at the moment, it will readjust and align you to bring balance into your mind and thus your life.

This meditation is given for everything from breaking habits to achieving emotional balance. I knew one woman who had been very emotionally upset for over two weeks. Finally she went to a quiet spot in the woods and did 31 minutes of Kirtin Kriya and voila, she felt relaxed and whole again. It helps you focus and center yourself. It is a catalyst for change because it is a very powerful spiritual cleanser. You may go through a lot because you will be releasing a lot. Be present to what you are experiencing and be willing to let it all go. The process will allow you to give all your garbage back to God. If you want to maintain the status quo, don't do this meditation. If you are willing to change and welcome a new dimension of being into your life, this meditation is for you.

The bottom line is that this meditation works. All you have to do is do it. You can trust the process and the technology.

**Now here is one of the best selling points. Do you think about an old lover and want to be liberated from the grips of the past and release him or her from your aura? This is the meditation! There is nothing more powerful to release the auric pain we suffer when we break up with a lover. It will reestablish your aura as your own.

DIRECTIONS:

Sit with a straight spine. Bring your mental focus to the brow point.

Chant SA TA NA MA. While chanting alternately press the thumb with the four fingers. Press hard enough to keep yourself awake and aware of the pressure. Keep repeating in a stable rhythm and keep the hand motion going throughout the whole meditation.

SA press the thumb and the first or Jupiter finger together with pressure.
TA press the thumb and the middle or Saturn finger together.
NA press the thumb and the ring or Sun finger together.
MA press the thumb and the small or Mercury finger together.

The Jupiter finger brings in knowledge, expands our field of possibilities and releases us from limitations.

The Saturn finger gives us patience, wisdom and purity.

The Sun finger gives us vitality and aliveness.

The Mercury finger aids clear communication.

Each time you close a mudra by joining the thumb with a finger, your ego "seals" its effect in your consciousness.

Visualize or feel each individual sound come in the crown chakra at the top of the head, down through the middle of the head and out to infinity through the third eye. This is very important and must be done with each sound. It is an essential part of the cleansing process. If this part of the meditation is not done, you may experience a headache.

While doing the meditation, you may experience pictures of the past come up like on a movie screen in your mind. Let them dance in front of your eyes and release them with the mantra. This is part of the cleansing of the subconscious mind. If emotions come up, you can also incorporate them in the chanting, i.e. if you feel anger then chant out the anger. Whatever you experience is OK. Do not try to avoid or control your experiences. Simply be with what is going on and go through it. It is all part of the cleansing process.

TIMING - 31 MINUTE VERSION

For the first 5 minutes chant OUTLOUD. (The voice of humans.)
For the second 5 minutes chant in an audible WHISPER. (The language of lovers.)
For the next 10 minutes chant SILENTLY. (The language of the divine) Keep the hands, L in the head and tongue moving.
Then 5 minutes WHISPER.
End with 5 minutes OUTLOUD.
The last minute, listen inside and hear the mantra and experience the L in the head. Do not do the finger movements.

Optimally this meditation is done for 31 minutes. It can also be done for 62 minutes by doubling the times.

11 MINUTE VERSION

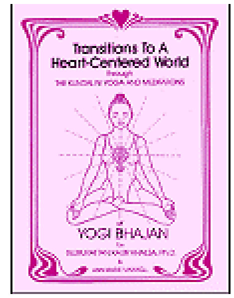
It can also be done for shorter times. Yogi Bhajan has said that during this stressful time it should be done for at least 11 minutes every day. For the eleven minute version do:

2 minutes OUTLOUD
2 minutes in an audible WHISPER
3 minutes chant SILENTLY. Keep the hands, L in the head and tongue moving.
2 minutes WHISPER.
2 minutes OUTLOUD.
Then sit quietly and listen inside, hear the mantra and experience the L in the head. Do not do the finger movements.

At the end, inhale deeply, raise the arms up in the air and vigorously shake the arms and fingers. You can involve the whole body and spine. Exhale. Repeat 1 or 2 more time if you desire. This is an important part of the meditation as it helps move and release the energy in the body. Relax for a few minutes before going about your day. Or relax on your back. If it is before bed time, simply go to sleep.

FOOTNOTES AND REFERENCES
*(1) Kundalini Yoga: The Flow of Eternal Power, Shakti Parwha Kaur Khalsa, Berkley Publishing Co. 1996. p. 104.

*(2) Transitions to a Heart-Centered World, by Gururattan Kaur Khalsa, Yoga Technology Press.



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Lesson 16

Shabad Kriya: Bedtime Meditation

Many people have difficulty going to sleep even though they are tired. There are many reasons for insomnia. When the mind is too active, we have a hard time going to sleep or even if we do go to sleep, we are restless and do not sleep deeply. There are many theories and opinions about how much sleep a person needs and it certainly varies according to state of health, activity and circumstances. But most of us would agree that the deeper and more peaceful the sleep, the more rested we feel the next morning.

There are several things that we can do to promote deeper and more restful sleep.

(1) SLOW DOWN Before going to bed, start to slow down. Walk slower. Stop heavy mental activity. Write down what you need to do the next day and leave the list in the other room. This allows you to clear your mind and lets the energy start coalescing to get what you want done accomplished. If there is something on your mind that you have not been able to resolve, make a special list for the angels, for the Divine or whoever might to around to help and turn it over to a higher, unemployed power that needs an activity for the night. Feel complete about the day. Acknowledge yourself for what you accomplished and lessons learned. Forgive yourself for anything that bothers you. Heh, no one's perfect. And list five things you are grateful for. In other words, prepare yourself to devote the next hours to peaceful, unpreoccupied sleep. You not only deserve, you need to rest.

(2) EATING HABITS Eat your last meal at least 2 1/2 hours before you go to bed. When we eat just before going to bed our energy is tied up with digestion and it is hard to sleep deeply. Eat lightly for your evening meal. Definitely no animal protein, fried or heavy foods. Any dairy at night will make it more difficult to get up the next day. I used to have a small yogurt snack before going to bed. It was so painful to try to wake up in the am. When I eliminated the yogurt, it was like a weight was lifted off of me. I was so much clearer in the morning. Soups, salads, stemmed vegetables or other easily digested dishes are the best for the evening meal.

(3) LEFT NOSTRIL BREATHING The two nostrils are associated with two very different energies. When we breathe through the right nostril, we are energized and stimulated. When we breathe through the left nostril, we relax and calm down. Our breath naturally changes dominant nostrils approximately every 2-1/2 hours. After eating our nostrils will change to the left to accommodate the energy needed to digest our food. That is one reason why we feel like sleeping after eating.

You can tell which nostril is your dominate one at any time simply by blocking off one, then the other. The dominant one is easy to breathe through and the less dominate one feels like it is blocked.

It is useful before going to bed to sit quietly, block off the right nostril and breath long and deeply through the left nostril. Slowing down the breath to 4 or less breaths per minute also facilitates sleep.

Lying on the left side facilitates digestion and opens the right nostril. If you do need to digest your food, lying on the left side with help. However, to get to sleep, lying on your right side with help open the left nostril. You can also close off the right nostril with the right thumb to open the left nostril.

In both exercises, mentally inhale SAT and exhale NAM. The mental focus on the mantra and the breath are very soothing.

SHABAD KRIYA- BEDTIME MEDITATION (*1)

Yogi Bhajan has given us the following meditation to practice before going to bed. If practiced on a regular basis, once a week or even every night, your sleep will be deep and relaxed. The control of the rhythm of the breath strengthens the nervous system and regenerates the nerves. After a few months, the rhythm of your breath will be subconsciously regulated and eventually you will internally chant the mantra while you are sleeping. You may wake up to the internal chant of the mantra and hear it in your daily activities. You will think better, work better, share better and love better. "There cannot be enough praise of the meditation's effect on the personality. It gives the mind the power to stretch to infinity, promotes radiance, patience and practical universality." (Relax & Renew p. 118)

This is a good meditation to do to recover from fatigue caused by normal daily stress, travel and even jet lag.

DIRECTIONS

MUDRA-HAND POSITION

Sit in Easy Pose with a straight spine. Hands are in the lap in Buddha Mudra: palms up, right hand resting on top of left. The thumbs touch and face forward.

EYES

The eyes focus at the tip of the nose with the eyes about 9/10th closed. There are several ways to facilitate looking at the tip of the nose. Bring your forefinger in front of your face and look at it. Keep looking at the forefinger and slowly bring the forefinger to the tip of the nose.

To facilitate the concentration at the tip of the nose, do the following exercise. Bring the arms out to your sides parallel to the ground, palms up. Do breath of fire for 1-3 minutes. This exercise balances the right and left hemispheres of the brain, which makes it easier to maintain the focus of the two eyes.

The eyes focused at the tip of the nose causes the optic nerves to cross at the third eye. Thus it is easier to bring your mental focus to the third eye while the eyes are directed at the tip of the nose. Both the pineal and the pituitary glands and the area between them are stimulated by this eye posture, which has the effect of breaking old habits and creating new ones.

BREATHING AND MANTRA
Inhale 4 equal parts through the nose, i.e. the inhale is divided into 4 sniffs. Mentally vibrate **SA TA NA MA** with the four parts of the inhale breath.

Hold the breath and mentally repeat 4 repetitions of **SA TA NA MA**. This will be 16 counts

SA TA NA MA SA TA NA MA SA TA NA MA SA TA NA MA

Then exhale in 2 equal strokes, mentally projecting **WAHE GURU**

WAHE GURU means ecstasy. **WAHE GURU** is the result of integrating **SAT NAM** into the psyche. When we experience the Truth, we feel ecstasy.

TIME
Continue for 11, 15, 22, 31 or even 62 minutes. This meditation will often put you to sleep before you complete the allotted time.

This meditation was originally taught by Yogi Bhajan April 1, 1974.
(* 1) From Relax and Renew by Gururattan Kaur Khalsa and Ann Marie Maxwell, Yoga Technology Press, 1988.

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Lesson 17

Dealing with Depression

Meditation is Medication for the Soul!

The purpose of this article is to redefine depression as our psyche's response to disconnection from our souls and to help us use this response to cultivate and reconnect with our own inner light.

Disconnection from our Souls

Depression is a call from the soul to learn how to deal with the emotion of sadness. At the very core of sadness is the message that we are disconnected from our own soul. We have closed off our hearts to ourselves. To deal with sadness we must go within. Sadness is a very personal emotion. We think that events outside ourselves make us sad. But in reality, no one can make us sad but ourselves.

To deal with depression requires embracing our feelings of sadness. We are sad because we are not experiencing the love that we came here to experience in the human form. We must find out why we are not experiencing love. We must learn how to open up our hearts and our psyche to universal love. We must train ourselves to embody this love. This is one of the basic reasons that we come to planet Earth-to learn how to release resistance to love and to fully allow this universal energy to flow through our being.

Depression is one of the means to get our attention and to remind us of this basic human endeavor. Depression is initiated by the soul to oblige us to confront and resolve our inner conflicts that prevent us from experiencing universal love. The alchemy of the soul requires us to transform the energy of sadness into bliss. This is, of course, no easy or carefree process. It doesn't feel good and it takes patience and disciplined work. Welcome to Planet Earth!

We are obliged to experience grief, sorrow, pessimism and loneliness. The trick is that we are not obliged to indulge in these feelings. They are there to teach us. But they are not there to torment us. The key to understanding all these feelings is the realization that they are a reflection of our separation from Source. They are a response to a closed heart. They are generated by a lack of self-love and a fundamental misunderstanding of who we really are. To understand our divine nature we must have the experience of our own soul. We will not love ourselves simply by having someone tell us we are beautiful and great. We have all witnessed how transitory the elation from even honest complements are. For the remedy cannot come from outside ourselves. The remedy is found within our own hearts.

The problem is, of course, that our hearts are closed - blocked off by negative experiences, unexpressed emotions from traumas and bad programming. We must revisit these experiences, express these emotions and reinstall new programming in order to make our way back into the core of our soul where divine love resides. Depression is an invitation to this inner journey. Not the most popular journey, we often choose to avoid it with denial, blame, medication and outward preoccupations. But my observation is that like other soul lessons, some form of sadness and depression never really goes away until we find the gold of divine love in our own hearts. Actually we wouldn't want to be able to totally deny the painful messages and thus avoid the process that produces the alchemy. For we are here to experience love. The human journey ensures that we will be prodded to do what it takes to have this experience.

An Invitation to turn Inward

Depression invites us to turn inward so that we can discover the cause and source of our pain and find resolution, freedom and empowerment. Although the basic cause of depression is disconnection from universal love, there are many human explanations that cause us to be depressed. They are all mechanisms to remind us of how we have shut off ourselves from our divine identity and effectively keep ourselves separate from Source.

Some of the most popular ways that we have learned to use to sever our connection with our souls and the Divine include

1. unexpressed and unhealed emotions
2. negative thoughts and limiting beliefs
3. attachments to persons and things that do not promote our identity and enlightenment
4. a lack of purpose and commitment to our own spiritual path and life
5. lack of appropriate outlets for our personal creative expression
6. unresolved conflicts that we let rule our minds and behavior

Some of the above are easy to identify. We know when don't like our job and feel abused in our relationships. However, other problems in our psyche lie outside our conscious awareness. The result is that we think our problem is our depression. However, depression is a symptom of a deeper problem that we can't consciously identify. Our inability to connect with our own self-love and experience our connection with the Divine is the most fundamental of these unidentifiable problems. And even if we identify it consciously, as we are now doing, we cannot access the connection and thus the solution through our conscious rational mind.

The Biochemistry of Love

The good news is that there is something that we can consciously do to cultivate this connection. Yoga and meditation were designed to cultivate the inner connection with our soul. Meditation is medication for the soul. In a very real way meditation is a medication because it changes the biochemistry of our body and brain. All life experiences are dependent upon our biochemistry.

Human consciousness is biochemical. The human psyche is an expression of biochemistry. Biochemistry makes our different human experiences possible.



The pivotal question thus becomes how can we impact and change our biochemistry? For as we change our biochemistry, we change how we feel. We change how we think. And we change how we perceive what we experience. It is very easy to monitor how we change our biochemistry. How do you feel after you have eaten sugar vs. had a balanced healthy meal?

There are many ways to change our biochemistry. They include diet, physical activity and exposure to light. We can also change our biochemistry with nutritional supplements, herbs and chemical medication. The good news is that we do not have to become dependent upon chemical medication to deal with depression. The good news is that we can also change our biochemistry through yoga and meditation.

Yogi Bhajan has given us Kundalini yoga and specific meditations to change the biochemistry of our bodies and brains. These practices promote pleasurable states of being - joy and bliss. We feel happy for no apparent reason. This happens because the channels of the brain that connect us with higher states of experience and love are accessed and opened. As we practice these exercises and meditations, we experience who we are really are. We open up a field of consciousness within ourselves whereby it becomes easier, or at least possible, to confront the hidden agendas that we have allowed to cut off our divine connection.

These exercises and meditations are powerful tools for breaking up the stuck energy in our bodies and psyches that have so tenaciously created and maintained separation and depression as a status quo. An initial goal is to stop and then reverse the descent into deeper states of immobility, self-abuse and pain. The meditations then create a safe inner space of acceptance, which allows us to look at how we disconnect and then be able to reverse the process. Over time we generate an ongoing experience of our own inner light and connection with our own soul.

Meditation to get out of Depression

The following meditation is on page 135 of my book **Relax and Renew**, which contains many meditations to relieve stress and depression. Yogi Bhajan taught it in 1979. This meditation totally recharges you and is an antidote to depression. It builds a new biochemical system, gives one capacity and caliber to deal with life, and establishes a direct relationship with the pranic body.

Instructions:
Sit in Easy Pose with a straight spine, extend the arms straight forward, parallel to the ground. Close the right hand in a fist, wrapping fingers of the left hand around it, bases of palms touching, thumbs together and pulled up straight. Eyes are focused on the thumbs.

Inhale for 5 seconds, and, without holding the breath in, exhale for 5 seconds, and then hold the breath out for 15 seconds. Continue the cycle, starting with 3-5 minutes and working up to 11. Progress slowly. You can also work up to holding the breath out for 1 full minute.

Testimonial by Sadhant Singh
I have found this to be a very quick and powerful way to change my emotional state. It seems particularly effective against depression and sadness, and just three minutes can completely alter my state of mind. Another nice thing about this meditation is that it is a quiet one, so I can easily duck into a bathroom stall and, in just a few minutes, raise my consciousness and prepare for something new or recover from something trying.

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Lesson 18

The Sensory System and the Aquarian Age

The development of the human sensory system is one of the major themes of Yogi Bhajan's recent lectures. Below I have compiled notes from some of these lectures. I have also included one of the meditations he taught in February and the transcript from his lecture on August 1, 2000. This material is an important point of reference for the coming 11 years as we move from the Piscean to the Aquarian Age.

Our personal relationship with our own energy is a vitally important aspect of our sensory system. In fact, the cultivation of our sensitivity to energy, in the many ways that this manifests, is the basis of our path to conscious awareness. You will notice this theme played out in many different ways in these lessons and in the New Millennium Being. As you identify the themes that resonate with you, use them to establish an energetic relationship with yourself. As you do so, you will actively embody the new energies and participate in the shift to the Aquarian Age. These are revolutionary times. It is my prayer that you enjoy the power, potential and the positive heart-centered energy that are available to all of those who choose to tune in and turn on with gratitude and grace.

The Human Sensory System

The human sensory system is going to be our greatest asset in the Aquarian Age. We can cultivate our sensory system by consciously connecting to our breath, strengthening our nervous system, activating our glandular system, balancing our emotional energies and channeling our mental energy to intuitive awareness. As we cultivate a subtle sensitivity to our being, we will experience a sense of completeness within ourselves that will give us great satisfaction. We will sense our own divinity. We will sense, "This is me." We will have the capacity to feel calm, contained, content and straight. We will no longer feel the need to be validated from outside because energetically we will validate ourselves by going deep inside our own being.

Destiny and Attraction Mode

As we establish a sense of our own identity, our destiny will be revealed to us. Everyone has a special destiny. What we came here to do will become clear. It is our job to deliver it in a meditative way. As we achieve a sense of completeness and balance within ourselves, the energy that we once used to try to compensate from our perceived limitations and to get validation from outside will be available to attract what we need to make our unique contribution to the world.

The era of go-get-it is over. The age of attraction is fast approaching. The attraction mode will happen through, and produce, a new relationship with the Divine. God will no longer be perceived as a force outside ourselves. As we experience our unity with universal energies, we will understand that we are the co-creators and that we co-create through our consciousness and our vibration. The Divine will no longer be a worshiping God. The Divine will be a working God. We will experience God as working for us. We will experience this new relationship through our sensory system. Through our sensitivity, we will connect with universal energies. We will experience that God works though his creations (us!). We will learn to vibrate what we need so that it can manifest. If we are calm, what we
need will come to us. If we have clear intentions, the God in us will answer our prayers.

The Shift is Happening Now

Yogi Bhajan has said that the sensory system of all human beings on the planet is developing automatically between February and April 2001. By April 2001 our intuitive knowing will open up without any effort, whether we want it to or not. The problem is that many people are not culturally or emotionally prepared for this shift in awareness. We will simply know if someone is manipulating us. We will know when someone is lying and what they are thinking. This shift in awareness will cause a great deal of insecurities and mental and emotional disturbances. It will no longer be possible to survive though manipulation and control. Imagine the impact of intuitively knowing the truth on personal relationships and on the economic and political system.

On an individual level, if people are not disciplined they will be unable to handle the intense energy and its implications. In the next eleven year, "We will find people getting empty, more perturbed, not able to bear enough, not having much tolerance, and very argumentative." (Yogi Bhajan) Instead of channeling the energy to manifest, people will use the pressure as an excuse to get drunk, to take drugs or to compensate through other outside stimulation. Those who cannot hold the energy in their own bodies will experience hopelessness and despair. Those who can incorporate the higher frequencies will get high off of the energy and experience bliss. They will know that this is one of the best times to be alive. They will enjoy themselves in the moment and have a genuine experience of love and joy. They will make the transition from the Piscean Age of "I believe therefore I know" to the Aquarian Age of "I experience, therefore I know."

How can we Develop our Sensory System?

Yogi Bhajan has offered us the following touchstones:

- Be the prayer
- Allow and commit to deep cleansing
- Find your identity inside yourself
- Be very honest, open and straight with yourself
- Learn self-control
- Learn to contain your own energy
- Cultivate inner contentment
- If there is a choice, choose the positive
- Identify your destiny and serve
- Cultivate character, commitment, and grace
- Balance yourself, so you don't need to be compensated from outside
- Give up manipulation and control
- When you want something, get clear, ask, be calm and let it come
- Develop a meditative mind to wait and see what comes to you
- Develop a relationship with a working God that dwells and breathes within you

Meditation Taught by Yogi Bhajan February 20, 2001

Sit in easy pose, Bring the chin toward the chest, holding neck lock throughout the meditation.

Cross arms over the chest, left under right, hand under armpits, "like you used to pout when you were a child."
Make an 0 with the mouth.
Inhale through the mouth.
Exhale through the nose.
Long, deep, complete breathing.
Continue for 11 or 31 minutes.
During the last two minutes, sing in a beautiful voice "RA MA DA SA SA SAY SO HUNG."

(A beautiful version of **Ra Ma Da Sa**, chanted by Gurunam, is available from Yoga Technology).

To end, inhale deeply, suspend the breath (hold the breath while relaxing the body), squeeze the entire body and stretch the spine. Exhale. Repeat 2 more times.

Comments by Yogi Bhajan

"There are two ways to go: either you plan or God plans for you. Either you do it or God does it for you."

"If you have no patience of your own Self, you have nothing. Your trouble lies when you find your anchor outside of you."

"There are three things in life, which are very important - your consciousness, your caliber and your character. Trouble is like waves - they hit you. But there's nothing wrong. Trouble comes to everyone. At that time, what should you do? You should go within your Self. Because minus you out of you, you are ugly."

"Real freedom is, 'Nothing belongs to me. It all belongs to you, Oh Lord.'"
(Obviously relate to this last statement as the Divine within.)

Edited Version of Yoga Bhajan's Lecture

My edited version of Yogi Bhajan's lecture on the Human Sensory System August 1, 2001, is available as number 24 New Millenium Being. Downloadable from our autoresponder - **nmb24@yogatech.com** or from the New Millennium Being website - **http://www.yogatech.com/nmb/**

Transcript of Lecture by Yogi Bhajan

The Self-Sensory System and the Transition of the Piscean Age to the Aquarian Age - Yogi Bhajan, Ph.D. August 1, 2000

In the next twelve to fourteen years you will be needed by the world. It does not matter who one is today, or to whom one belongs; people's minds are going to go empty. In the Piscean Age, which is going to end, the main need was for knowledge, for creative legacy. That's why in the Piscean Age sex was taboo; it was monitored, matured, glorified. Sex and sensuality were considered the primary attractions. Beauty was physical and people pursued each other. Sexual intercourse was the orientation of relationship and it reached the point of obnoxious duality; perversion became very prominent.

But the time is changing, people are looking towards fulfillment of the self through purity and piety, individuality, and reality. They don't want to practice duality anymore; that's why you will find few marriages. Sex will not be the attraction. A Sensory System will develop, a new system where the individual will find him or herself complete. Communication will be humongous. Everybody will have access to all knowledge. With a push of the button you can get any information you want. The whole world will be at your disposal. The obsession with sex will have no place. One will not look for satisfaction through physical intercourse. It will be

automatic that one will find satisfaction through the self-sensory system, which people will develop in the coming fifty years. The foundation is being laid now because the cusp period is 1991 to 2012 for the Age of Pisces to go, and the Age of Aquarius to come.

We have already gone through nine years of these 21 years.

What is that personal sensory system? There will be no need for cosmetic make-up. People will be open, straight, simple, and their beauty will be internal, not external. Man and woman are going to reach out with such dignity, such devotion, such an elevated, loftiness of self, and the beauty of the human character will be so bewitching that not only the one who is willing will be enjoying and realizing, but their realization will be so profound that no destructive temptation by another person will work.

The Piscean Age was the ugliest age. It was an era in which the female was rooted out from her roots, and exploited to the brink and to the brim by men. Male female relationship didn't have any strength. It didn't have any character. It didn't have any taste. So females in the past century gave birth to the most fearful, insecure, impotent, or oversexed men, and sexual disorder was worse than ever before in the past three thousand years.

In mankind, sexually, men were inferior; they did not have the power of endurance. And they could not carry the love and polarity of the female. In other words, they could not become a unit. Their sexual habits were so shallow that the Akashic record did not even record them. Men were the product of being worthless and useless; their sexual intimacy had no depth

The men produced in the last century, whom you call "great," wanted to indulge in the power of destruction. That's why we created the atom bomb, the hydrogen bomb, smart bombs, we had two wars, and we killed more people in the name of religion than anything else.

And religion became, not reality, but an ugly fanaticism.

The ugliest thing that happened in this last century is that man started finding God outside himself. Man forgot that God is the working God, Karta Purkh, which, Nanak said, works and breathes in us. It's part of us; It's not separate. We were blind to God's presence everywhere.

The only way to survive today is through the insanity of the ego. Not ego - ego has a rational reference - but the insanity of the ego. And man's ego is like a snake which spews poison like a fountain at you. It doesn't mean anything. It just scares you, that's all.

People have become limited, small, squeezed to a point of just physical existence, just physical existence. Today we are six billion ugly ducklings of the human race living on the planet and we have no quality, no quantity, no character, and no commitment. Look at our character; it's wrapped in lies and inconsistency. We say things which are not true. We truthfully say things which are not true. We dramatically say things which are not true.

And we do the ugliest thing in this planet, we build a power which surrounds the individual; how many houses, how many boyfriends, how much money we have. We end up adding on dirt - a termite heap of dirt.

In character we have become very shallow. How many TV sets we have, how much bigger our TV set is, how many cars we have . . . You'll never hear a person talking about how much satisfaction, how much containment, how much contentment, how much character, how much realization he has. You won't hear it these days.

"Who had sex with who? Who wants who? Who chased who? Who is nude? Who is more nude?" You understand? There's a competition going on. You see all our magazines; it's a human joke. And when a race of humans starts making mockery of themselves openly and

obnoxiously, nothing is sacred. So this is the state of affairs and it has to go on for twelve more years of this cusp period. And it will be bad to us.

My idea to present this to you is that many of you will try to reach out to help people or help yourself, and you will have something to understand. It's called "Building the Foundation of the New Age." The Age of Aquarius will be the Age of Experience where only people of experience will be liked, respected, worshipped, talked to and understood. It's not a matter of how old you are or how young you are or how white you are or how black you are.

Religion as it has been known has become absolutely obsolete. Because in the past 5000 years religion has been teaching you to redeem your soul. Soul is already redeemed. What you should redeem is your being cheap, shallow, worthless, useless, not true to your words, not true to your commitment, not true to your character. That's what you should redeem.

The majority of the world is nothing but show business. You put on a show. And spirituality is nothing but a show. No human believes that they are a fact of life, a fact of existence, that they are real; that they are born in the image of God. The most magnificent Allah, most infinite God Jehovah, most pure, wise Lord Buddha, whatever you want to call your God, has created you in His own image and this is it. So God in the New Age is called He-She-It; He, She, and It. And if you don't understand the totality of God as He, She, and It, then you are s###. You can put silver leaf or gold leaf on it, that is still what you are. So you are wrapped in gold, your wealth and you think you are covered; you are wrong. You are wrapped in silver and you think you are shining and bright and you can make a fool of others? You are deadly wrong

The fact is there is nothing more beautiful, more worthy, or more conscious than you.

The time has come of self-value. And the question is not: "To be or not to be;" the statement is: "To be, to be." "I am, I Am." The time has come not to search for God, but to be God. Time is not to worship God; but to trust and dwell in the working God.

As this is coming through me, it is cleansing me. If you are not listening and only hearing, you are not getting it. But if you are listening, it will go into you. You have to come to the awareness of how bad and unfortunate we have made this world as ugly as possible, and how beautiful actually God created it. We are purely enemies of God, because God within us is in pain and there is no God outside us. Each one is the manifestation of God so it won't work to create God by making a stone God. Every grain of sand is God. And we have to have our subtle body, our sophisticated self to see it.

In reality, you are a bunch of molecules living by the pranic body. You are nothing more, nothing less. As long as the psyche will not merge in you -- equally in balance, you will have no awareness. Human existence is a combination of the pranic body and psyche energy, which is the universe, Prakritee, the creation in proportion. When you have that state of mind you are clean and clear. You stop searching; you start practicing. The oddness in you becomes even, and your flow becomes as vast as the universe - and sometimes beyond the universe. You have the authentic reach to yourself.

I don't want anybody because I want everybody. This concept is very difficult. I don't want to be "I;" I don't want to be "we." I want to be "just as it is." And my run is with the flow of the psyche of the universe as it takes me, as it moves me, as it desires me. Man will stop cutting corners and come to a real existence. And it's not long from now.

Any person who thinks he is great may be nothing, because the Information Age is so powerful, and so knowable, and so acknowledgeable, and so understandable, that nothing can work. We will not be competent to cheat each other, but we can help and deal with each other as equal. There's no beautiful, no ugly. The love of existence of our life and of our breathing will be in need of the flow of the psyche in us, therefore, we can be a real combination of self

within the self. And the sensory system which will develop automatically out of us will be our archangel protecting us and glorifying us.

Those who hustle and hassle and move and want, will just die suffering. They'll not get anything. Now the time has come that you will have a meditative mind to wait and see what comes to you. Your mind will direct you to work towards the right channels. You will meet the right people. Our future is now and our presence is our purity. We don't have to purify ourselves; we are pure. We simply have to not make it ugly by diversion, by concoctions, stories, and by creating meaningless romance and fantasy, and imagining things which are zero. We'll master ourselves through our service, through our character, through our commitment, and the most
powerful thing which people have - our grace. Our individual grace is the most wanted today. And our projection, which will give us satisfaction, fulfillment, and exaltation, is our nobility. We will act noble, gracious, kind, and compassionate. These are our essential features.

Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity which will have the new sensory system and thus we will establish the Age of Aquarius. This is the fundamental character you have to learn by heart.

Meditation to Develop the Self-Sensory System

Point the Jupiter finger (forefinger) of the right hand straight up toward the sky with the thumb and other fingers closed in a fist with the right elbow bent and relaxed at the side. The left hand is placed flat over the heart center (center of the chest). Listen to the preceding lecture (recorded in your own voice).

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Lesson 19

Posture and the Heart Chakra

Cultivating and maintaining good posture is one of our modern challenges. In this lesson we will cover some pointers and techniques related to posture. Some of the reasons for bad posture and the gradual humping of our spine include

1. A closed heart
2. Being too mental
3. Too much energy in the upper chakras and not being grounded
4. Weak navel point.

(1) A Closed Heart

One of the main reasons for poor posture is a closed heart. If we are afraid, lack self-confidence and self-esteem, or suffer from any of the other manifestations of a closed heart chakra, we try to protect ourselves by physically bending in at the heart center. Much of our deep emotional pain in stored in the solar plexus (between the navel center and the breasts.) Our protective instincts are often initiated in the area of the solar plexus.

To open the heart, we must begin at the solar plexus and cultivate a deep non-verbal relationship with the emotional energies residing in that area of our body. Fear, anger and sadness are the lions that guard the gate to the heart. We must befriend them to open our hearts.

Muscularly the heart needs the support of the back muscles to stay open. If our back muscles are weak, we gradually collapse and bend over.

(2) Being too Mental

Ideally, we operate from our heart. When we walk, our heart should lead. The problem is that we have become talking and walking heads. Our body ends up being a source of transportation for our thoughts about what we think we should be doing. What happens is that our physical head actually leads when we walk and protrudes over our body even when we are eating, talking or sitting working at our computer. When our head is not evenly balanced over our spine, our posture gets out of alignment. Our body has to compensate for the weight of the head sticking out in front of the body.

(3) Not Grounded

Because we live in our thoughts and not in the sensations in our bodies, our energies stay in our upper body, from the shoulders up. When we are energetically top heavy, many things get out of alignment, including our posture. If our shoulders can't relax, our heart center is not relaxed.

(4) Weak Navel Center

Our navel center is the third eye of our physical body. It is also the physical mid point of the body. When it is weak, we literally have no physical center or way to direct our lower centers. Our physical movements should be initiated from our navel center. However, when it is weak or off center, by default we initiate from our head.

Corrective Practices

The above problems can be corrected in a variety of ways. The first is through attention and intention. We simply choose to be aware of where our energy is and balance it out by mental and physical adjustments including

1. Slightly pulling in our navel point
2. Gently pulling the root lock (muscles at the base of the spine)
3. Breathing in our belly and making sure that the inhale expands the kidney area
4. Initiating movements, including walking from the navel center
5. Inhale before initiating movements. Usually we move and then realize we are holding our breath.
6. Pulling our spine up, especially at the solar plexus so it stays open and not caved in
7. Keeping the sternum up and shoulders relaxed
8. Checking periodically to make sure our head in comfortably over the shoulders and not forward. We can pull it back slightly.
9. Feeling the sensations in our body
10. When we have thoughts, checking to see how they register in our body
11. Standing on two feet and legs, instead of balancing on one only while standing around
12. Lie on the floor with pillows or folded blankets under the spine at the level of the heart and solar plexus.
13. While holding a strap that is at least 3 feet long in the two hands, move in various directions to loosen up the front and back of your body. Learn how to move and strengthen the muscles in the mid back. You can make up a lot of movements, which will feel good and move the energy.

14. Move shoulders, hands, arms, fingers, back. We are often stationary. Inaction creates stagnation of energy. Stand up and shake your limbs. Do shoulder shrugs and neck rolls while you are sitting. Be creative, but stretch and move!

Practicing Kundalini Yoga

Our daily practice of Kundalini yoga should include exercises to cultivate energy in our lower chakras, strengthen the navel point and open the heart center. Shoulder shrugs and neck rolls provide a lot of relief if practiced on a daily basis.

With rare exceptions, all exercises should be executed with an open heart. This means that we should not hump our back to try to get into a posture. This is especially true of leg stretches. Aim the belly, solar plexus and chest toward the leg and then stretch as far as it is comfortable. But do not bend the back to get the head to the leg. The back should be stretched to lengthen and open it

Exercises to strengthen the back muscles and open the shoulder blades include exercises like cobra, bow and camel poses.

Set to Open the Heart and to Remove Negativity

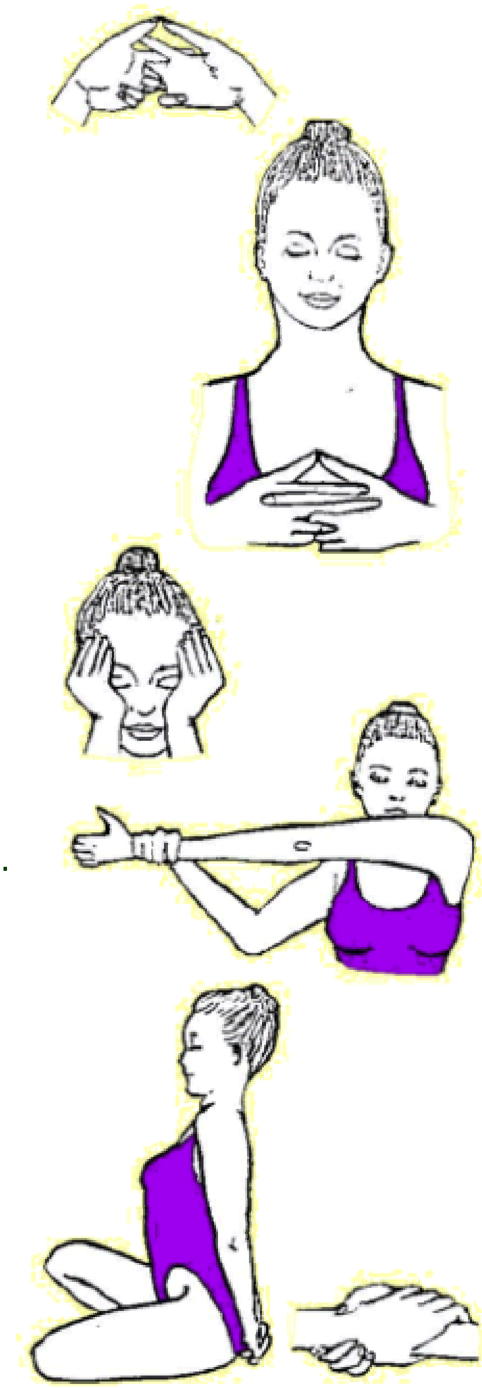
Here is a short set that works on opening the heart center. It is taken from **Relax and Renew** page 102 and was taught by Yogi Bhajan in 1973.

During **exercise one**, keep the breath in the solar plexus and feel the energy and sensations there.

Exercise two actually takes stress out of the head and gives you a glowing complexion. You are so happy when it is over!

Exercise three opens up the back and heart and connects the energy of the arms and hands with the heart. This and the following one are good exercises for symptoms of carpal tunnel and numbing of the arms and hands. These conditions are partly caused by blocked energy between the hands, arms and heart.

Exercise four is fabulous to do many times a day. You can open your heart from the back. Feel your shoulder blades move down and together. A lot of stress, which is blocked heart-center energy, will be released. Enjoy.



(1) Clasp fingers in Venus Lock, but curl Mercury (little) and Sun (ring) fingers into the palms instead of crossing them. Then hook left Saturn (middle) finger over right Sun (ring) finger and pull, hard. Focus at the 3rd Eye, continuously pulling hard on the finger lock for 1-3 minutes. Removes anger and enthrones the neutral mind.

(2) Fit base of palms under the cheek bones and push as hard as you can for 1-3 minutes. It doesn't have to hurt, but if it does, you have the right spot. Makes you feel happy!

(3) Grasp left wrist with the right hand and pull the left arm as far to the right as possible, and then some more!, for 1-3 minutes. Removes tension across shoulder blades.

(4) Make wrist lock behind the back with the hands touching the spine and try to bring elbows together. Pull! Arch the spine forward and apply chin lock for 1-3 minutes. Raises energy up the spine and elevates you!

COMMENTS: This short set leaves you feeling great! Perfect for depression, anger, fatigue or stress.

FREE On-line Kundalini Yoga Training

Lesson 20

Earth, the First Chakra and Intuition

One of the most commonly marked goals of Kundalini Yoga is to sharpen your intuition. There are many ways to do this and we will cover them over time. In this lesson, I want to give you a few pointers on how to do this by balancing and aligning with the earth element.

There are five elements or tattvas - air, water, earth, fire and ether. One of the goals of yoga is to balance and integrate all five elements of our being. Practice of the techniques and postures goes a long way to achieving this goal. However, performance of techniques is only half of the story. We must also cultivate a conscious awareness of the shifts that are taking place. The mechanics are the masculine aspect of the practice. The awareness is the feminine aspect of the practice.

Astrology helps us determine the most appropriate time to work on a particular tattva. While the Sun is in earth signs - Taurus, Virgo and Capricorn - is the most powerful time to align with the earth element. I have made my astrological New Millennium Being e-zine a part of this training so that you can use this information to develop your relationship with the elements.

At the end of each newsletter is a meditation or yoga set that deals with the element of the month. The exercise series at the end of the last newsletter "**The Earth Taurus Connection**" helps cultivate the power of the first chakra and a relationship with the Earth and your body. (You can download this issue from our autoresponder - nmb33@yogatech.com)

We often associate intuition with the third eye and the mind. The mind is the masculine aspect of intuition. The feminine aspect of intuition works through the instinctual self and the senses of the body. This exercise set, which involves using the breath while applying *rootlock, facilitates instinctual awareness. After the exercise, sit or lie very still and simply be aware of the sensations in your body. Over time you will realize that these sensations are a powerful and accurate information system. They are the physical and emotional aspects of your intuitive awareness.

It is important to remember to integrate your awareness after every yoga and meditation session. We do all the exercises so that we can shift our awareness. Jumping up after a yoga session without a conscious deep relaxation or silent meditation is like meal without dessert or going to the beach and not going for a swim.

The relaxation and silent meditation with a humble prayer play a big role in integrating and anchoring in the effects of your practice. The effects last longer and you are able to stay more consciously centered during the day. It will also be easier to recreate the experience during the day.

Use your breath and rootlock while sitting in your car or at your desk to pull yourself back into your body, reawaken your instinctual awareness and reconnect you to your earthly source.

Here's the meditation again.

Meditation to Connect with the Earth

Tuning into the energy of the Earth is enhanced while the Sun is in Taurus from April 19 through May 19th. Cultivating the earth element requires attention to the sensations in the

body, to the feet and legs, and to the first chakra or base of the spine. Paying attention to the feeling of gravity and its pull on the body toward the Earth is very useful. The goal is to experience a heaviness that becomes a feeling of stability and stillness.

Working with the root lock is a very powerful way to connect with the body and the Earth. The following exercise gives you energy and relaxes the nerves.

1. Sit in easy pose. Inhale, hold the breath in. Pull and release the rootlock 3 or more times. Exhale. Repeat for 1 or more minutes.

2. Inhale, exhale, hold the breath out. Pull and release rootlock 3 or more times. Inhale. Repeat for 1 or more minutes.

3. Inhale, exhale, hold the breath out and pull and relax rootlock 3 times. Inhale, hold the breath in and pull and relax rootlock 3 times. Alternate for 1 or more minutes.

   Stretch legs between exercises as needed.

4. To end, unite with energy of the Earth and feel the current raising up your spine. Let go, if only for an instant. The union between Earth and Universal Spirit happens when you let go. The union cleanses stress and negativity. Practicing rootlock when you are thinking too much or afraid, helps release fear by connecting you to your physical source and by activating your own energy.

Rootlock in this exercise is done by gently pulling the muscles at the anus. As you pull the rootlock, feel that you are pulling energy up from the core of the Earth.

(For more information about rootlock in particular, and Kundalini Yoga locks in general, check out our guide to Locks or Bhandas.)

FREE On-line Kundalini Yoga Training

Lesson 21

Surrender to the Zone

Meditation and Intuition

The concept of surrender is fundamental to all religions and a goal of all spiritual paths. The idea is that we release control, get our mind trips out of the way and let the universe take charge. Surrender recognizes that our limited perceptions of what we think we want and need and how to satisfy our desires are limited, and that cosmic forces are more intelligent and efficient in producing results.

Recognizing a force greater than ourselves, our optimal strategy is to cooperate with It and learn how to participate as a co-creator in the give and receive process. Actually being a co-creator is a good deal. This means that we can consciously participate in our own destiny, if we can master the art of working with universal energies. Herein lies our challenge.

The Goal of Kundalini Yoga

The goal of Kundalini yoga and all spiritual technologies is to create a conscious connection with the Divine. Yoga means union. The union is between our physical reality and god-

consciousness, universal energies and our soul. The practice of Kundalini yoga removes our blocks and resistances, raises our energy to higher frequencies and opens our awareness to expanded realities. If we train ourselves to focus our attention on our goal of union, we can facilitate our transformation. The goal of this lesson is to set out guidelines on how we can train ourselves to pay
attention to and hold the experience of the infinite in our consciousness.

Masculine and Feminine Talents

Human development is dominated by learning how to be in control, take action, initiate and be responsible for our lives. These masculine talents are critical pieces of our maturation process. Basically we learn what we have to do to get what we want. An infant cries to get fed. As a young child we learn to ask for what we want. If our direct requests are not fulfilled, we learn to manipulate others and situations to get our needs satisfied. Later we learn to earn a living and integrate the concept of exchange into our survival strategies.

In the process of learning the masculine talents of asking, earning and exchanging value to get our needs met, the feminine skills are often neglected, undervalued and misunderstood. In a male-dominated world, the feminine concept of surrender is often misinterpreted as giving up and giving in. This is because we feel like victims of unknown forces beyond our comprehension and known forces beyond our control. The result is a sense of resignation, powerlessness and even hopelessness.

Surrender, the ultimate feminine skill, requires letting go of control at a very deep level, mentally, emotionally and physically. Authentic surrender releases us from our limited thoughts and produces an openness, which facilitates our connection with universal forces. Inauthentic surrender creates more, instead of less, resistance.

If we cultivate only the masculine "action" talents necessary to live on planet Earth and do not cultivate the feminine "being" talents, our actions are sabotaged by an ego-dominated mind and a needy, helpless subconscious. Negative and counterproductive interpretations of feminine concepts (trusting, letting go, relaxing) are the natural result of not cultivating a relationship with our Soul, God or universal energies and not having a direct experience of Spirit or the Divine. Without a personal experience of what we are surrendering to, surrender is impossible. There is a void in our psyche, which by default is filled by fear. Fear prevents us from trusting, letting go and surrendering.

If a male-dominated mindset pervades our being, it will also determine how we carry out our spiritual practice. It is legitimate to do yoga and meditate to achieve certain results. Specific meditations and kriyas produce specific effects. However, we must avoid turning our practice into a bargaining tool. If we do a particular meditation to buy results, our prayers become begging sessions to a bigger than life daddy version of God. If we observe our mind and our thoughts, we can monitor our conscious and hidden intentions.

By altering our attitude and our attention, we can shift our relationship with universal forces from plea bargains to participatory co-creation. It is actually pretty simple. To cultivate this shift in consciousness, it is important to understand the masculine and feminine aspects of spiritual practices and how to appropriately integrate and utilize both.

Masculine talents include attention, focus, action and discipline. The masculine is about doing and keeping up. Doing our daily Sadhana and KY is the masculine aspect of our practice. The principle masculine goal is to focus our mind on the infinite.

Feminine talents are relaxing, letting go, listening and surrendering. Between each exercise we relax, allow the energy to circulate and feel the sensations in our body. We are simply present

to what IS. The principle feminine goal is to cultivate an ongoing relationship with the infinite in our body.

The ascent up the chakras opens our experience of the infinite. This is the masculine path. The descent down the chakras, which brings spirit into physical form, is the feminine path.

Experience the Infinite

The main purpose of raising the Kundalini and moving our energy from the lower to the higher chakras is to give us an experience of the infinite. The goal is to expand our awareness so that we have a conscious experience of "what is, was and always will be," often referred to as God. This awareness is awakened in the upper chakras by activating the pituitary and the pineal glands. The possibility of experiencing the infinite is always there in each one of us. It never goes away. We can resist this experience by being preoccupied with and attached to the thoughts in our minds.
Endless mental chatter blocks our conscious connection with the infinite. However, whenever we turn our senses inward, the infinite experience is available.

The experience of the infinite has several basic manifestations.

1. **SOUND** The most basic is the unstruck sound, the silent sound of infinity. If we turn our listening inside, we hear it. This is the Word.
   "In the beginning was the Word."
2. **SPACE** If we turn our sight inward, we see an infinite space. Simply close your eyes and look.
3. **LIGHT** If we concentrate at the third eye, we see a light that can even fill our entire head, whole space and being.
4. **SMELL** Some people even smell the fragrances of the universe.

Of course, all of these have many variations on a theme. But the basic experiences are simple and repeatable. The goal of all spiritual paths is to connect with one or more of these infinite experiences and keep returning to them. As we increase our attention, our awareness expands and we experience deeper and deeper levels of connection with universal energies and their numerous manifestations.

It is of critical importance to avoid the pitfall of consciously searching for intriguing lights, sounds, visions, etc. Our goal is to be a conscious, but passive, observer. The goal is not entertainment. The goal is connection and peace. The simpler the better. Don't try to get fancy or get attached to different colors or visuals. We are in the masculine mode if we are trying to make something happen. We have to train ourselves to distinguish between searching for and trying to control (masculine) and
simply being with what IS (feminine). We want an experience that we can return to, relax into, be comforted by and trust. The rest is a diversion and distracts us from our goal of cultivating a relationship with universal forces that we can merge with and surrender to.

Cultivating the Zone

I propose to call our experience of the infinite the Zone. The most commonly used term, God, conjures up images of a big daddy. Our mind gets hooked on pleasing and pleading to a paternal caretaker. The Zone is a neutral place where we can go, be alone with ourselves and with the universe. This more neutral concept activates less preconceived ideas that interfere with our pure experience.

How do we do get into the Zone? How do we stop our minds' manipulation and control trips? Stopping the mind comes at very advanced stages of meditation. In fact, Yogi Bhajan says that the mind always produces 1000 thoughts per wink of the eye. Stopping that is out of my league. I like to approach the task from the perspective of changing channels. Kundalini Yoga and meditation help us change channels.

Stop Searching and Doing

The spiritual teacher Gangaji uses the following dictum to help people to tune into the infinite:

"Stop searching for whatever you think you have to do to get whatever you think you want."

I like to use "Stop DOING whatever you think you have to do to get whatever you think you want."

Try it. When I actually took a few moments to stop whatever I was doing to try to get what I thought I wanted, I could hear the infinite sound. I realized that my mind was habitually in a perpetual scan (maybe even scam) mode -- a state of searching and trying to make something happen. This means that my mind is trying to be in charge and not allowing space for the universe to act, respond or at least cooperate. Energetically this translates into not trusting the universe. It also reveals a deep level of neediness. When we are always trying to get something by making something happen, we are acting out of a sense of neediness that was imprinted in our psyche in pre-verbal years. We are re-enacting our childhood programming where we learned that if we do not take care of ourselves we will not get our needs met.

When I asked my yoga class to "STOP doing whatever they thought they were doing to get what they thought they wanted," the whole room became silent. This dictum short-circuits the mind. For a moment the mind stops because it does not know what to do. At this moment, the infinite channel is available to us. For a second, we seize a glimpse of the infinite. This dictum also helps us identify what our minds are doing and why they are doing it. Once identified, we can choose to focus our mind in other ways. We can actually interact with universal energies in a receptive, accepting and co-creative manner.

Keep It Simple

Cultivating and surrendering to the Zone is actually a simple process.

STEP ONE

Do a KY set or exercise. Stop after each exercise and listen, look or sense inward. Turn your attention to the sensations in your body. Continue until you can hear the infinite sound, see and be in your inner space, see a light at your third eye or in any other way perceive a sound, sight or sensation that is always there when you turn your attention to it. Keep doing this. Over time you will have a place to go to that feels secure, comfortable and peaceful. Ideally we want to always be conscious of this place, feeling or sound.

STEP TWO

Be aware of "What you are searching for or doing that you think is going to get you what you think you want." What we need to do here is create an attitude shift. First we must identify what our mind is doing. What is the intention of our mind? Are we trying to do something to get something? This does not mean that we will stop doing things. This means that we shift

our intention and focus while we are in action and in meditation. When we make this internal shift, we operate without the mental resistance or control trips. We can train ourselves to listen to the cosmic sound or relax into the cosmic zone while we are carrying out our daily activities. Our attitude and our projection automatically changes. Energetically we join the universe instead of pushing against it.

STEP THREE

It is appropriate to have goals. It is not appropriate to be obsessive about what we think we want or what we think will makes us happy or successful. One clear statement, written or oral, is enough to communicate with the universe. Repetition and compulsive attention on what we want projects neediness and separates us from the universal flow through control trips. Our thoughts get in the way. We need to listen, not to talk. Specific requests also limit our options. The possibilities available to us are infinitely greater than our minds can conceive.

If we do have requests and prayers we can state our intention before our meditation. But we must shift our attention to our energetic experience during the meditation. We should use the concentration power of our mind to focus on infinite experiences. While doing any chanting meditation, chant to the sound, the space or the light. Don't try to control what will happen. Do your best to be with what is happening in the moment. Join the sound or the space. Merge with it. Integrate your actions, voice and sensations into the cosmic presence. Hold this experience in your body.

Through mental attention and physical sensation awareness, we participate with the universe as co-creators. We collaborate. When our attention is on infinite experiences, as we perceive them in our own awareness, our energy integrates with universal energies. When our attention is inward instead of outside ourselves, we attract through our magnetism. This is a more efficient and productive way of getting what we want and need.

Practical Applications

Surrender has very practical applications in our daily life. When you feel frustrated, need answers, can't seem to figure things out, instead of resorting to more mental activity fueled by out of control emotions, STOP, CONNECT, and SURRENDER TO THE ZONE. Insights, help and peace are on their way. Your trusty intuition is ready to assist, if you open the space for it to communicate with you.

I like to remember the dictum of Yogi Bhajan, "There is a pathway through every problem." We access the pathways by letting go. We are in the habit of holding on very tightly. To really let go, we must practice releasing the grip of both our minds and our bodies.

When we really stop talking to ourselves, our intuition becomes available. Listening opens up our intuition. If we actually listen, we can hear our inner voice. Unfortunately listening is a lost art. If we really listened to other people, we would have more sincere and intimate relationships. If we actually listened to ourselves, we wouldn't need to ask for so much advice. If we listened to the infinite sound, we would know God.

One common question concerns what to do when we get intuitive messages during our meditations. Generally simply take note, let the thoughts pass and stay connected. Sometimes we get information that we do not want to forget. Instead of trying to remember the information, I take notes. (I have written a lot of books this way.) Then I go back to my space.

I like to go to sleep listening to the cosmic sound. At the end of the day it feels good to surrender to the infinite, let go and let God take care of me.

Enjoy

Surrender is one of the most comforting and pleasurable experiences available to humans. We are freed from the chains of our minds. We join the cosmic flow. We are truly happy. We experience the embrace of universal love.

FREE On-line Kundalini Yoga Training

Lesson 22

Brainwave Meditation

Did you ever wonder why someone who "has everything" could be depressed and unhappy and why someone who has very little can be so happy? Of course, we can answer that material wealth, beauty, situation, good environments aren't everything. (Sure are nice though :+)) But that explanation ends up seeming like a rationalization and not an explanation. Consider the idea that the answer could reside in our brainwaves. Certain brain frequencies promote a feeling of well being and certain frequencies promote a feeling of depression. The state of our brainwaves also influences our tendency to be overly reactive or detached. When our brainwaves are stable and we are in our neutral mind, we do not react at the slightest annoyance. When we do not react we are mentally available to respond appropriately to situations as they arise.

We practice Kundalini yoga and meditation to change our brainwaves so that we can be mentally and emotionally balanced. The meditation below specifically changes our brainwaves. With consistent practice, you will notice that we do not unconsciously react, things in life do not bother you so much and you will feel more stable and neutral in your life situations.

MUDRA - HAND POSITION

Sit in easy pose or posture with a straight spine. Bring arms comfortably to the sides of the body with the elbows bent. Hands in fists with the thumb over the last three fingers, facing forward. Forefinger or Jupiter finger up straight. Hold the Jupiter finger very straight, tight and stable, without tensing the rest of the arms and body. The forearms should be perpendicular to the ground. During the meditation check the position and move the elbows forward as needed to maintain the position.

EYE POSITION

Eyes slightly open, looking at the tip of the nose.

MANTRA

Har Hare (ray) **Hari Wha He Guru**

Chant in a monotone, enunciating clearly and moving the mouth in a very pronounced way. (exaggerate the lip movements) Pump the navel point with each part of the mantra. (Pull the navel point toward the spine.) Once I have perfected the above I like to add a slight root lock with the pumping of the navel center, which further stimulates the fire in my spine.

Har Hare Hari are the three aspects of God - Generate, Organize and Deliver

Wha He Guru means ecstasy and imprints the mind with a feeling of cosmic well being.

TIMING
Continue for 31 minutes. This can be done for 11, 15 and 22 minutes, but for the full effect do it for 31 minutes for at least 40 days.

ENDING
Hold the position and listen mentally to the mantra for 2 minutes.

Inhale deeply, hold the breath, tense the whole body as tight as you can, exhale.

Repeat 2 more times or a total of 3 times.

Relax on your back or meditate afterwards. Do not jump up immediately.

BENEFITS
This meditation will bring your brainwaves to the frequency of the neutral mind. In the neutral mind we are tolerant and we don't take things personally. This meditation is highly recommended for teenagers whose raging hormones cause their brainwaves to go out of control. (Pay them to do it. It is worth it!) It will help all of us keep our cool.

This meditation also opens up the heart chakra and activates the navel center. This mantra has also been given as a prosperity mantra. Like many meditations taught by Yogi Bhajan, there are many benefits that are uncovered as you practice.

I am currently doing this meditation and I love it. I thought I would just do 11 minutes, but I get so into it that I want to do it for the full 31 minutes. I experience that it works in all the ways mentioned above and am discovering more every day. I invite everyone to practice this meditation and share your results with our global KY class. It is good for beginners and seasoned meditators alike. One of the great things about the meditations taught by Yogi Bhajan is that no previous experience is required. Just tune in with ONG NA MO GURU DEV NA MO and go for it.
Positive results are guaranteed. If you have never done a 40 day meditation, by all means give yourself this wonderful gift.

Many blessings to all,

Gururattan Kaur

ADDITIONAL INFORMATION
(Summary of answers given by Gururattan to questions about this meditation from students)

1. PUMPING THE NAVEL
Pull the navel point toward the spine and release with each part of mantra.

Har Hari Hare Wha He Guru
pump pump pump pump pump pump

I use meditations like this to play with the energy in my spine. Feels good and keeps me conscious and present.

2. TIMING
Can I do it for less than 31 minutes one day (in case of time crunch) and still get its effects, if so how many minutes?

In a crunch do practice a shorter time that day. (11, 15, 22 minutes) It will maintain the vibration. Definitely try not to miss a day because the link with go.

You can also practice the meditation for less time during the 40 days (11, 15, 22 minutes) with less effects. I started with 11 but after four days I couldn't stop. I could feel this awesome energy build up and wanted to experience it. This energy is like an auric energy for me. I feel surrounded with a solid protection of dense light which also penetrates through my body. Sometimes I continue a few minutes longer to indulge in the experience.

3. MISSING DAYS

Will the effect go if i miss a day or two before completing 40 days and will I have to start all over again without missing any day?

40 days without break is the rule. Of course, if you miss you continue, but you have to start counting again. After 40 consecutive days you experience a certain impact.

I am going for 90 days now. This meditation has got my attention. Something shifts each day. I am just being in the experience of what is happening. It is nonverbal.

4. FEELING THAT THE SPACE IS ME

I didn't understand the part about feeling that the space is me.

You will get this as you practice. First get an experience. For instance you may feel an energy around and inside you like you have shifted dimensions but are still there. Instead of thinking this is God, the Zone or whatever, think of this as your soul, you essence, your expanded pure light being. In this way you will begin to train yourself to find your identity in your expanded being and your internal identity. This is what you specifically requested -- to let go of the idea that you are a limited ego.

5. THE ENDING

The 2 minutes of listening for the mantra before the 3 squeezes is in an approximate amount of time. Just relax and listen inside for the mantra for a time and then do the squeezes. You do not have to time this part.

I find that I need to deeply relax and let go after the 31 minutes for about 10 minutes. After that time I am very different, more alive and more at peace. Definitely do not jump up immediately afterwards. If there is a time crunch then do the meditation for less time and keep time to relax.

Now is anyone else tempted to practice this meditation?

FREE On-line Kundalini Yoga Training

Lesson 23

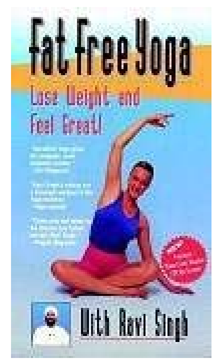
Lose Weight!

With the Millet Tofu Diet

by Devinderjit Kaur

Due to popular demand, we are sending you the first version of the Millet Diet as written up by Devinderjit Kaur or Peggy Sue of the Kundalini Yoga List. If you have any comments or suggestions please write to her directly at mcrae@rockisland.com and cc me - rattanak@concentric.net.

This diet is specifically recommended for losing weight and for getting rid of addictions to sugar. Millet is an Earth food in the system of elements. Eating millet will thus, over time, help release the craving for sugar. Also note that not enough protein creates sugar cravings. So include other protein if you cannot eat tofu or soy.



We would also like to suggest Ravi Singh's **Fat Free Yoga** video which contains four 17 minutes sets that are fairly easy to do.

Ravi told me that many women swear by this video and claim that they have **lost up to 15 pounds in one month** practicing with it every day.

Other health related information and meditations to release addictions can be found in my book **Relax and Renew**

So for those who checked "lose weight" on your KY Training questionnaire and wish to give up sugar, give it a try.

To your good health!

Sat Nam and Peace,

Gururattan Kaur

The Millet Tofu Diet

The 'Millet Diet', or, 'The Siri Singh Sahib's Weight Loss Diet', was formulated by Bibiji Inderjit Kaur (Yogi Bhajan's wife), author of A Taste of India. Says Yogi Bhajan, "When I went through this diet, millet took care of my high blood sugar, high blood pressure, high tryglycerides, and fifty pounds of excess weight". A booklet describing the diet, including recipes is available at the 'Ancient Healing' Website

After being on this diet myself for only 40 days I lost 3 inches in circumference, 4 inches from my waist, have gained energy, and become a happier more active person. After a lifetime of

struggling with my weight I feel that I finally found the right tool and I was ready to use it. The benefits have been so phenomenal for me that I'd like to share my experience.

Basics of the Millet Diet

Here are the basics of the millet diet. For a more detailed description with recipes developed by Bibiji Inderjit Kaur order the booklet from Ancient Healing Ways. The Millet diet provides a filling balanced meal plan of about 1000 calories per day. This diet normalizes blood sugar levels. I believe this aspect helped me overcome cravings that have made dieting so difficult for me in the past. According to Bibiji Inderjit Kaur the millet diet is "excellent for losing weight, but also excellent for hypoglycemics and diabetics".

Daily Food Plan as described in The Millet Diet

Breakfast: 1 - 2 cups of fruit. Strawberries, apricots and pineapple are recommended but any fresh fruit or frozen fruit with no sugar or syrup added.

Main Meal: to be eaten at lunch or before 4 PM. One pound of tofu, one cup of millet, any steamed or raw vegetables. Cottage Cheese may be used sparingly. Part of the tofu allowance or vegetables may be used for snacks throughout the day.

After 4 PM: eat only fruits and tea

Beverages: Hot or cold lemon water is recommended. Use no honey or sweetener. You may use commercial non-sugar sweeteners like 'equal' or 'sweet & low'. You may drink herbal or decaffeinated teas, again with no sugars. Do not drink more than 2 cups of decaffeinated coffee per day. Diet decaffeinated soda is allowed. Yogi tea may be taken but limit milk intake no more than 1/2 cup of non-fat or skim milk per day. Also be sure to drink 8 full 8-oz glasses of water. Says Bibiji Inderjit Kaur "Water is a great internal cleanser, conveyor of nutriments and emotional balancer -- all very necessary while dieting".

Calories: 1 lb. of tofu and 1 cup cooked millet add up to 540 calories per day. You can still eat plenty of fruits and vegetable and keep your daily caloric intake at about 1000 calories.

My Experience with the Millet Diet

I began the millet diet at a time when I was very discouraged about my weight. I had been on many diets in the past with little success and had almost given up. I was able to begin this diet when I was house sitting and could have some time to myself. I think it was helpful for me to be out of my regular setting. I didn't tell anyone what I was doing because I wasn't sure if I could stick to it. To my glad surprise I found that the diet gave me enough food to satisfy my hunger and I began to steadily lose weight and feel better. Once I felt like I could do it, I made a commitment to stick to the diet for 40 days.

I adapted the diet for myself by starting the day with fruit or sometimes applesauce with a teaspoon of Spirulina mixed into it. Spirulina is nutrient rich green food harvested from the sea. Several commercial brands are available in most health food stores. I buy good tofu in packages that are about a pound and cook my daily meal with 1 cup of cooked millet, the daily pound of tofu and whatever veggies I have handy. I vary the seasoning using curries, garlic, and tomato sauce (check the label to find tomato sauces with no sugars or fats). I use a cast iron skillet and cook with olive oil Pam.

Pam is a commercial product available in most groceries. It is spray oil used for fat free cooking and comes in different flavors. Other brands of spray oil products are also commonly available. I flavor with Bragg another commercial product. Bragg's is a liquid soy protein flavoring, similar to tamari also called liquid aminos. Other spices I use are lemon pepper, or oregano. I use lemon juice or vinegar sometimes to add zest to my prepared meal. One cup of dry millet makes four cups cooked so I cook it up four cups at a time making daily food

preparation very simple. When I want something sweet I eat fruit. If I want bread I eat a banana. I have not restricted my fruit intake at all.

I divide my tofu-millet veggie meal into two parts eating one part of it around noon and the other part around 4 PM. The diet calls for no caffeine. I cheat a little here and drink green tea and occasionally splurge with a diet coke. I use soymilk in my tea but limit the quantity to not more than one half cup per day. A few times I have felt extra hungry after 4 PM and have had some extra tofu but I really try to stick to the 4 PM rule. I often make an evening snack of fruit salad by cutting up fruit in applesauce and spicing it with cinnamon or ginger. The great improvement in my health and energy level are my incentive to stick to it.

Adapting the Diet for the Long Haul

At this point I have lost 5 inches in circumference, 6 1/2 inches from my waist! After my first 40 days on the diet I took one day off. I ate whatever I wanted, some foods I'd missed. I made a very conscious effort to observe how these foods made me feel. Bread made me feel heavy, chocolate mocha made my forehead and nerves tight. I went back on the diet but have been a little looser with it. I added non-fat sugar free desert type yogurts and will occasionally enjoy a special meal with friends.

At one point recently my life came under high stress and I succumbed to a brief binge of addictive overeating. The difference now is, first, my expanded awareness of what I was doing, and second, instead of descending into self-loathing over it I observed its effects and I went right back to the diet. Now I have a tool that I know works. I am now convinced more than ever that balancing my blood sugar was critical to end the food cravings that have always been my downfall in maintaining a healthy diet.

An Added Benefit

If losing weight were not enough the millet diet has given me an unexpected benefit. As a woman of peri-menopausal age my once regular 28-day cycle periods had just begun to be very irregular. Since I have been on the millet diet my periods have gone back to regular 28-day cycles. This I assume is due to the daily intake of tofu, which has estrogen-mimicking qualities.

Exercise

The diet recommends brisk walking daily and a half-hour of aerobic activity three times per week. I admit that at first I did not do this. As my bulk has lessened and my energy improved, moving my body became less of a chore and much more fun. I am enjoying taking walks more often now and have even started taking some dance classes. And of course yoga! My favorite yoga video is '**Fat Free Yoga**' by Ravi Singh, available through Yoga Technology

This video has yoga sets designed especially for people who want to lose weight. I initially adapted yoga postures to my very round body by separating my legs in some of the forward bending poses and adding extra support under my hips when raising my legs while laying on my back. Also easy pose was easier if I sat on my cushion. I keep my cushion handy while I do the yoga sets for extra support as needed. It has been rewarding to watch my body change and feel myself move further into the poses.

Beautiful, Bountiful, and Blissful

This diet was a gift to me that has changed my life in a very positive way. I hope that my experience and results will inspire others to gain health and enjoy fully their beauty, bounty, and bliss.

Sat Nam,
Devinderjit Kaur

FREE On-line Kundalini Yoga Training

Lesson 24

Healing Meditation - Heal Yourself and Heal the World

The healing meditation done with the mantra **RA MA DA SA SA SAY SO HUNG** is one of the most popular mediations taught by Yogi Bhajan. This meditation can be done alone or in a group for self-healing and to heal others and the world. Those who practice this meditation participate in anchoring the healing vibration on the planet.

A group of eleven students began doing this meditation at the Winter Solstice Celebration in the early seventies for Yogi Bhajan. We wanted to give back to him for all that we were receiving from him. This meditation is now done as part of the routine of every White Tantric Meditation Course and is done on a regular basis around the world to send healing energy to Yogi Bhajan. It is the meditation that he requests when he needs our healing prayers.

I remember when I first learned this meditation in the late 70's when I was living in Boston. I did it when I started to feel like the flu was coming on. To my amazement the sick symptoms disappeared. This has become one of my favorite meditations. I do it every evening before I have dinner. I dedicate the healing vibration to healing the Earth and anyone else in need at the time. Above all, I offer the healing vibration to Yogi Bhajan in gratitude for sharing the life-changing technology of Kundalini yoga with me and the world.

You can do this meditation whenever you feel the need and the inspiration or you can do it for 40 days or longer. Like with any spiritual practice, it is beneficial to complement the process with conscious living and regular Kundalini yoga practice.

You can start your 40 days whenever you like. However, the New Moon is a good time to begin a meditation. Somehow it is easier to sustain the commitment by commencing a spiritual practice on the New Moon or between the New Moon and the Full Moon. Try this especially if you are having a hard time continuing a practice for 40 days.

Healing Meditation Instructions

Yogi Bhajan has said that the mantra RA MA DA SA SA SAY SO HUNG is one of the most powerful healing mantras on the planet. The power of this mantra comes from its ability to connect earth and ether. This mantra is used in many meditations taught by Yogi Bhajan. Below I explain one of the most popular meditations.

RA MA DA SA is the earth mantra.

This part of the mantra pulls the healing vibration into the physical plane.

SA SAY SO HUNG is the ether mantra.

This part of the mantra resonates with the universal healing frequency.

RA - Sun
MA - Moon
DA - Earth

SA - Infinity
SAY - totality of infinity
SO HUNG - I am Thou

Activating the Chakras

The mantra can be vibrated up the spine, chakra by chakra. Slightly pull on the energy centers as you chant each sound. This internal stimulation helps activate and align the chakras.

RA - base of spine
MA - belly (ma aa)
DA - navel center
SA - heart
Pause - hold at heart
SA - heart
SAY - throat (say ay)
SO - third eye
HUNG - out the top of the head

To Begin

Set your intentions and ask for healing for yourself, others you wish to include, the Earth and Yogi Bhajan. Then release these prayers to the universe. During the meditation concentrate only on doing the meditation, the mantra and the effects you are experiencing. Get into the sensory experience and awareness. The more you are present to your experience, the more effective you are in creating a sacred healing space. You will use the space that you have created at the end to share healing energy.

Position - Mudra
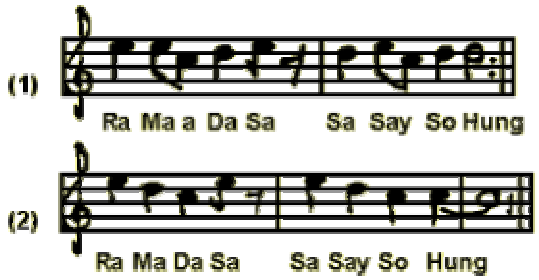


Sit in Easy Pose (or full lotus) with your upper arms resting against your ribs, slightly in from the sides. The elbows are bent, and your forearms
positioned upward and slightly angled out from the upper arms. Your palms are flat, facing upward and pointed out from your body at a 45-degree angle.
(to form a 45% angle point the hands are over the legs toward the knees.)
The fingers are together with the thumbs stretched out towards the side away from the fingers.

It is very important to stretch the thumb away from the fingers. The stretch in the webbing keeps the hands flat and helps maintain a stretch at the wrist. You can use one hand to push down the other hand in order to get a feel of the correct stretch in the wrist. It is this stretch that helps balance the brain. When the thumb is not stretched, the wrist relaxes, the hands move upward and the mudra and its effects are compromised. When the mudra is accurately done, you will feel energy or a pull in the center of the palms. This creates the power to heal with your hands.

Your eyes are focused at the tip of your nose and the eyelids are nine-tenths closed. The focus at the tip of the nose, creates the pressure to cross the optic nerves at the third eye. You should be able to feel an awareness at the third eye and be able to hold your attention there.

Chanting

The mantra is to be chanted in either of the following two versions:



Inhale deeply and chant the mantra all in one breath. **Ra Ma DA SA SA Say So Hung.** There is a pause between the two **SA**s, but NO breath. Adjust the speed so that you can chant the full mantra on one breath, without a cheat breath on the pause.

MA and **SAY** are slurred making two notes each, "MA AA", "SAY AY". The first **SA** is short. **HUNG** is forcefully vibrated in the skull and out the top of the head.

Chant for 11, 15, 22 or 31 minutes.

Effects and Powers

This meditation gives one the power to heal long distance and to heal with the hands.

To End:

Now is the time to use the healing space that you have created.

- Inhale deeply and hold the breath. While the breath is held, concentrate on yourself and feel the sensations in your body. Feel or allow the vibration of the mantra to penetrate every cell of your body. Feel the mantra continue to resonate in your body. Become the healing vibration. Allow yourself to be healed.

Repeat the above process 3 or more times with the following variations.

- Inhale deeply and hold the breath. Feel the healing love pulse in your heart. Invite in friends, members of your family and situations and allow them to be bathed in the healing vibration. Hold them in your body, in your heart and in the healing vibration that you now resonate with and embody.

- Inhale deeply and hold the breath again. Feel that your heart is so big and the love so infinite that you can hold the whole earth in your heart. Let the earth pulse with the mantra and be healed with this love.

- Inhale deeply and hold the breath for a last time. Invite Yogi Bhajan into your heart to be healed. Be very attentive. I personally find that my heart space increases dramatically when I invite Yogi Bhajan in. I feel he is also healing me.

The above sequence can vary according to what you are intuitively directed to do

Another thing to do is to feel the Sun or a golden light in you heart:

- Chanting **RA** creates this energy.
- Expand it to fill every cell of your body. Then merge with the group's light if you are doing this with in a group.
- Feel the light expanding to radiate through the room, the vicinity, the area, country and then the whole earth.
- See/feel the earth healed.
- See/feel the hearts of every person penetrated with love and peace.
- Merge everything into Universal Light.
- As you come back, i.e. focus only on yourself, know that you can maintain this healing energy and light in your being.
- Intend that simply by smiling and greeting others, you share this love and light with the world.

End with the prayer "God bless this Earth with peace." Repeat five times.

Enhancing and Holding Sacred Space

I used to project healing energy to others, the earth and Yogi Bhajan. Over the years I shifted to holding the space inside me and allowing the healing to take place inside my expanded space. This works better for me. It feels more powerful, I can maintain my center and concentration and I do not lose energy.

Here a few ideas on how to enhance and hold a sacred space for healing.

Experience the Power of the Group

It is always more powerful to do any meditation or yoga practice with a group. Our individual energies merge to create a powerful healing vortex that supports everyone present. Invite friends to do this and other meditations with you. And even if they do not choose to chant, they can lie there and receive the healing energy. It always feels good to share like this.

Healing is a Frequency

A vibrational shift is required to create transformational. This mantra creates a frequency where healing is possible. Be aware that you are raising the vibration to create a shift. Then practice holding the vibration to sustain the healing.

Elevate your Consciousness

The cause of all pain and suffering is in our consciousness. We release our pain by changing our consciousness. Use this meditation, and all meditations, to elevate your consciousness. We use divine mantras to elevate the frequency of our minds to match the frequency of the love essence of our soul. Our goal is to achieve inner peace through the experience of the purity of our own being.

Cultivate a Relationship between You and You

The experience of separation occurs in our psyche. When we feel separate from the Divine, we have the thought that we are not loved or lovable. The relationship between the Divine and you is really a relationship between you and you. To cultivate this relationship, find some sensation in your body, and enjoy it. Keep enjoying something pleasurable that you feel in your body or mind or both. Do not let go of the connection between your attention and your body, feelings and sensations. Do this everyday for 40 days and then continue some more. Increase the time that you give yourself attention.

This is a great exercise to do after healing mediation because it creates some great sensations that you just want to keep feeling. The more we feel the pleasurable sensations, the more we identify with them. The more we love what we feel, the easier it is to stay in this space. This is the foundation for self-love. We can actually feel we are love and we love it.

Self-Healing

Self-love and self-healing are really the same process. We use the sound current of the mantra to heal our emotional body. We do this by working with the energy of the emotions. We soothe the conflicted energy with the sound current. In your heart, experience the purity of your essential essence and how it merges and becomes one with the healing mantra. Let this experience pulse through your whole body. Hold this sensation to heal yourself.

Healing Others

Hold the space of unconditional love an acceptance that you have created for yourself and let anyone who you wish to share healing with enter this space of the heart. The more we experience this space in ourselves, the more we have to share with others.

Connecting Earth and Ether

As we consciously reconnect with our body, we realize that our body is the temple, the fine-tuned instrument, and the sensory system of our soul. The more we align in our body, the more we are able to receive and embody universal healing energy. The more we stay consciously connected to the vibration, the more we embodying this energy. The more we embody the energy, the more we serve to anchor this healing vibration on the planet.

Healing Expansion and Evolution

Incorporating the following thoughts into your healing ritual and into your general awareness during the day will facilitate your healing process and your contribution to global healing.

Everything is light. Sound is light. We are all reflections of light. And we are light. The more we see everything as light creating light, the more we connect with this reality.

Obviously, there are challenges in life that we do not like and wish to change. One of the most effective ways to create change is to let go of our resistance. Without resistance, change happens quicker and easier. All divine mantras can be used to infuse light into our resistance.

Evolution is the nature of both the human and the cosmic game. God created evolution to not be bored. Creation and evolutions create a dynamic state of stimulation. We are here to learn and transform.
The more we learn, the more we expand.
The more we expand, the more light we embody.
The more light we embody, the more we realize that extent to which we are co-creators of our own lives.
The more we release our resistance, the more we participate and the faster we impact creation and evolution.

Clearing our inner space and releasing our resistance aligns us with the light. The more light, the easier it is to get support from the universe. Allowing is the absence of judgment and resistance. Allowing = love. Love is the purity of everything that is, was and will always be. Love includes all. All wants to be included and loved. And so do we all. Start with yourself and see how your love grows to include everyone, the world and the universe.

Musical Versions of Ra Ma Da Sa Mantra

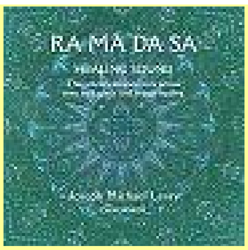
Yogi Bhajan often requests that his classes chant this mantra along with the CD recorded by **Gurunam Singh**. He asked that we chant to this CD to help heal the traumatic emotions created by the shock of the events of 9/11. He often plays this CD in his home. This recording (and the other CDs by Gurunam) are especially powerful because they combine the science of Kabbalah with the technology of Kundalini Yoga as taught by Yogi Bhajan.

At the Summer Solstice Celebration 2002 we chanted to the version from the **Circle of Light CD**, by **Gurudass**, formerly of Madrid, Spain. Check this one out! It is divine.

If you prefer an even more lively version of the mantra, the recording by **Guru Singh** on the **Power Mantras** CD may be for you.

Mata Mandir has recorded his own version of this mantra on his **Self Healing** CD - part of his Yoga of Sound series.

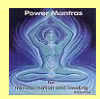
Listen to the Real Audio (tm) sound clips before making up your mind. (Real Audio player required.) Then click on any of the pictures to go to the Yoga Technology online store.



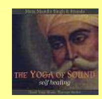
SOUND CLIP



SOUND CLIP



SOUND CLIP

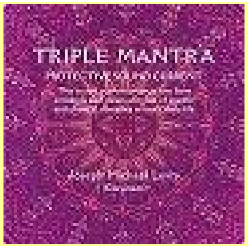


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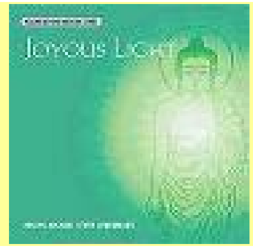
Whatever your preference, it is very healing to infuse your environment with these healing sounds by having this mantra playing in the background. I personally go to sleep with the Gurunam CD.

Love to all.
Light to all.
Peace to all.

OTHER MANTRA CD's BY GURUNAM





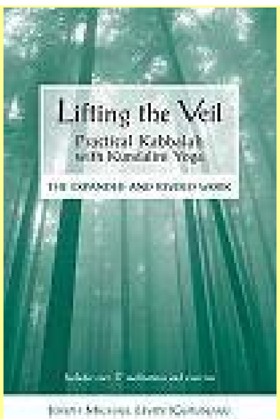




These mantras cut through time and space. Keep in mind that for every constructive spiritual action there is a beneficial reaction. Each one of us carries the power to transform the entire universe for good, in accordance with the law of cause and effect. Therefore, we must use the principle of causality in order to transforms the darkness into light. Now is the time to serve the world.

These recordings are especially powerful because Gurunam has combined the science of Kabbalah with the mantras of Kundalini yoga in producing the CD's

BOOKS BY GURUNAM



LIFTING THE VEIL
Ground-breaking!
Gurunam has created a unique synthesis of the most powerful teachings of the Kabbalah and Kundalini Yoga.



ALCHEMY OF LOVE RELATIONSHIPS
Follow the laws of Kabbalah
and take all the guesswork out of
the search for a real, lasting
and fulfilling loving relationship

TESTIMONIALS ABOUT Ra Ma Da Sa CD (FROM KY LIST)

"Gurunam's CD also helps with depression and calms pets. My cat is FIV positive, and whenever she shows signs of getting ill, I play this CD for her. I think it helps (she is alive and well after being diagnosed with FIV in 1991!). Play it for yourself and your animals who feel your stress!"

"I was on the Yoga Technology site last night and came across the Ra Ma Da Sa CD by Gurunam. I played the small clip. A few minutes later I realized the sample was over but I could still clearly hear the music! I had never heard this music before but really recognized it deeply within me. One of the suggestions for me to do daily to help increase my pranic energy is to listen to this or chant daily. Last night when I went to bed I heard the music clearly as what I heard on the CD for over two hours. I could feel it vibrate throughout my body. Even right now the music is playing again inside me. I can hear it clearly and feel its vibrations."

FREE On-line Kundalini Yoga Training
Lesson 25
The Gift of Giving and Receiving

The Gift of Giving and Receiving

Kundalini yoga and meditation synchronize us with universal energies and help us cultivate a conscious connection with the Divine. The rest of our day flows when we have established this connection and synchronization. This is what synchronicity is all about.

Devotion Completes Sadhana

We always begin our morning practice of KY and meditation by chanting **ONG NA MO GURU DEV NA MO**, which opens us up the infinite vibration within us. We attune and balance our body and mind with Kundalini yoga and meditation. We consolidate and anchor our transformed vibration with deep relaxation.

We end our sadhana by chanting "May the long time sun shine upon you, all love surround you and the pure light within you, guide your way on," followed by 3 long **SAAAAAAAAAAT NAM**'s. I always like to add "God bless this Earth with peace." And "May I be a woman of love, that other's may experience love in my presence."

Our final act is to humbly surrender to the Truth and bring ourselves into a state of gratitude and prayer. Gratitude and prayer anchor the divine vibration into our being for the day. It is interesting to note that the effects of our morning practice last a lot longer when we complete with prayer, devotion or Bhakti.

The following meditation is a form of prayer that can be done after any other meditation, and before or after chanting "May the long time sun" and long Sat Nams.

Meditation for Gurprasad

Taught by Yogi Bhajan December 14, 1977



Sit comfortable in meditation pose and cup the hands together at heart level, palms up, upper arms pressed against rib cage, eyes 1/10 open and allowed to close. Feel that you are asking for a blessing from God. Keep making your spine straighter - (a crooked spine will make one crooked, even in prayer).

Feel that something is dripping to you from the heavens: -- the light of God, the flow of life, the supreme energy - whatever you believe in. Jesus Christ is sending you cookies! Or Moses. Or Santa Clause. It doesn't matter.

Feel something is dropping from above into the cup of your hands. Lower yourself into this hallucination until you start feeling it as a reality. Get into your very simplicity - just ask for simple grace. Do it for just 3 minutes - it cannot be done for a long time. But do it as best you can.

Note: There is a slightly different version of the same meditation - time unlimited and the following comments: Gurprasad means "gift of the Guru". As you practice this meditation, feel yourself showered by all the blessings of heaven - health, wealth, happiness, your ultimate caliber and capacity. Just let it happen. Fill your heart and soul with all the bounties of nature. Simply meditate on the boundless flow of the Universal Soul, and feel a deep inflow of spirit. This is a very restful posture. The subtle pressure against the meridian points in the rib cage gives immediate relaxation.

Comments by Yogi Bhajan: Let us become old, old human beings, centuries old. We used to draw ourselves onto our knees - we never used to stand up in our cave and we had some kind of hair things where we used to sleep, curled up like a dog. Have you seen a dog sleeping? That was the human way of sleeping. Early in the morning a human being would not get up - he would crawl on his knees, come out and sit on his heel or stretch his legs forward. I'm telling you the original, comfortable way of prayer. In Islam they still do it. In their prayers, this prayer exists: At first, everything is an imagination, like a blueprint. Then you start feeling the experience and it becomes the reality. That's the difference between imagination and reality. Just be simple. You are not simple. That is why it is hard for you to concentrate.

The Purity of the Breath

There is something very beautiful and serene about the breath. The breath is our life force. The breath connects us to all that is. The breath is pure energy. Physical sensations connect with reality. Mental thoughts distance us from reality. Our goal in working with the breath is to develop a sensory awareness that connects us with the most primal reality and energy of life. Being present to our breath in our body is one important way to cultivate this awareness. In this meditation we want to simply be with, expand and relax with the purity of the energy and the wave of the inhale and exhale.

The Essence of Prayer and the Breath

This meditation connects us with the essence of prayer, which is to tune into and synchronize with the reality of the universal balance of giving and receiving.

The breath is one indicator of our ability to give and receive. We can monitor where we are at in the give/receive dynamic by observing our breath. Simply be with your breath and observe the length of both your inhale and your exhale. Often one or the other is favored or longer than the other. Those prone to give more than they receive will often exhale longer than they inhale. Those who are prone to receive more than they give often inhale longer than they exhale. If you have a very shallow breath and have a tendency to hold your breath, fear may be blocking both giving and receiving.

We can work with our breath to re-establish a balance between giving and receiving. If you feel that you give more than you receive, this may be substantiated by a shorter inhale. (Keep in mind that there are no firm rules. There are many dynamics at play.) But using the breath as a guide, maybe you have to allow yourself to receive more. If your inhale is short, practice inhaling deeply and allowing your breath into your belly and lower lungs, not just into the upper lungs.

If you are holding back on your exhale, practice freely releasing the breath on the exhale. Give back all the air that you have received. The more we exhale, the more room there is to receive

new air in our lungs. We can experience with the breath that the more we give, the more we receive.

If you have a problem opening up your breath, try the exercise for emotional balance given in **Lesson 04**. The breath automatically becomes long and deep after a few minutes of this pose.

The Dynamics of Prosperity

Those who have practiced this meditation report that it uncovers the dynamics of prosperity and manifestation. The following are some of the insights that can come to us as we practice this simple meditation.

What we want and what we are willing to give back must be balanced. To effortlessly receive we must effortlessly give.

We must "Be home now" to receive. Grounding is facilitated by feeling the sensations of solidity and stability in our body.

The space of grace is the most powerful arena of manifestation. When we give up control, let go and let God, there is no resistance to both giving or receiving.

Humility is another key to prosperity. One of the ways we co-create with the universe is to release our limited concept of control. Simply giving and receiving from the Source, the unknown, delivers us to place of peace.

There is power in the purity of presence. Simply being present to our own purity and simplicity opens us up to the universal Source.

Guideline and Intentions

Here are a few more guidelines or intentions related to giving and receiving that you can use while practicing this meditation.

Manifestation happens in the present. Monitor and align your energies now. Do not wait to give back or to receive. Keep your energy moving at all times.

Monitor and release all should's, obligations, owing, control, manipulation, guilt, fear, and coercion. All of the above prevent us from aligning with and flowing with the universal energies.

Gratitude and appreciation are keys to the flow of prosperity. Gently hold and nurture what you have with gratitude. Everyday enjoy the sacredness and preciousness of your gifts.

Being in the flow tunes us into the ever-changing nature of the universe. Every moment evolves and changes. Let go and move with the spontaneous unfoldment.

Be generic - give and receive love, kindness, purity, and essence energy. Don't be attached to a specific person or situation. If you want to attract a partner, send out and receive love, caring, kindness, sharing, and aliveness.

Ask for what you want, but let go too. Don't suppress your desires, but don't be attached to them either.

Monitor your comfort zone. Give and receive only what you feel comfortable with, then gradually expand your comfort zone.

Be unconditional, unspecific and unlimited. Trust and surrender.

Give to everyone. Make no exceptions. You might exclude yourself.

Feel coziness, peace, warmth, serenity, calmness and satisfaction - this is how we can be found and attract what we want.

Testimonial

The following is a wonderful testimonial by one of our KY Training students -- Leo. He shared the following results from practice of this meditation on the KY discussion group.

For the last few weeks, I've been doing the Smiling Buddha Meditation (p. 133 Transitions to a Heart Centered World) followed by the Meditation for Gurprasad. Why isn't this Mandatory??!!! I find myself experiencing a fundamental shift in my beliefs and energies. My definitions of prosperity, how I relate to it, how it happens - all these things and more are being changed, challenged and transformed.

This has, in many weird ways, been the most prosperous month of the year despite an exceedingly low income this month. Not only have I magically been able to buy small gifts for everyone on my list, pay the bills, and have food in the house, but I've also had a Bakers Rack, a desk chair, a new pair of hiking boots and $20 literally dropped in my lap by unknown benefactors.

Not that I'm saying "meditate and KA-CHING!" I was raised in that whole holiness = poverty mentality that pervades most Irish Catholic families. My experience with this meditation is cool, interesting, surprising and a whole lot more. I've almost turned it into a walking meditation as I go about my daily business.

On the inhale, I imagine every good thing flowing into me, particularly through the solar centers. (By the way, shoes and bakers rack were two things I actually did imagine) And then on the exhale, I imagine all those good things flowing out from my Heart into the world around me. Sometimes I find myself offering that breath as a blessing for an individual I may encounter along the way.

While I truly am grateful for the new stuff, the greater work is happening within me. There is no hesitation, impatience or balking on my part. I simply am getting off to feeling myself in the middle of the flow of the moment. It's probably the first time I find myself sitting in God's Hands without feeling uncomfortable about it.

I'm not sure how much of my fiscal poverty is attributable to poverty of spirit, but I think, thanks to my daily Gurprasad, that I'll never really feel poor again.

This Breath is for you, BABY!
Sat Nam, Leo

Share Your Stories Too

After that who could resist doing this meditation, which takes only 3 to 5 minutes daily! I couldn't resist. I am now practicing it daily. It is already working for me too. I look forward to hearing more stories from the rest of you!